



Stress can affect us all, at any time in our lives.

It may be that pressures from your exams, your job, relationships, or life at home are causing difficulties for your mental and physical health, such as low mood or stress.

If you're aged 17 to 25, our Stress Less course can help you learn the different techniques to better manage this stress and build the resilience to improve how you're feeling in your day to day life.

Our four week video course will teach you techniques to:

- Understand feelings of stress
- Manage stressful thoughts
- Improve mood
- Build resilience

There will be four videos in total, each lasting approximately 30-45 mins.

One video session will be shared with you each week, giving you time to watch the session in your own time.

Our videos are provided online, so you can re-watch them as many times as you like.

We'll provide you with worksheets so you can track your progress and use as helpful reminders.

After each session, we'll encourage you to use the new techniques in your daily life.

At the end of the four weeks you'll be much better prepared to handle stress, and the things that cause you stress.

To book onto a course, please visit our website:

[17-25 Stress Less Videos | Talking Therapies Berkshire NHS](#)