

# Coping with stress

## Ways to relax and restore



Facing serious illness brings many changes. It can affect your emotional and mental wellbeing, which in turn can affect how you feel physically. Feeling worried, low in mood, anxious or stressed can impact on the quality of your life on a day-to-day basis.

This programme aims to help you face these changes and the effects of illness. We will help you learn ways to relax and reduce any stress you may be experiencing. There will also be time to discuss your concerns and gain mutual support and understanding from other patients in the group.

The sessions are run by members of the hospice team. They are held in a relaxed, comfortable and supportive atmosphere so that you can feel safe and secure to discuss the things that concern you.

You will be invited to six weekly sessions, although we understand if you cannot attend all of them.

Each session will last for two hours and be held during a morning or afternoon in the hospice day centre.

During the first session we will discuss what people want to get out of the sessions and plan the rest of the programme. Such topics as sleeplessness, anxiety, low mood, relationships, adjusting to illness and intimacy could all be part of the six week programme.

All of Pilgrims Hospices' services are free of charge.

If you are interested in attending the sessions, please contact the community co-ordinator at the hospice closest to you. If attendance was suggested by your GP, community nurse, district nurse or community nurse specialist, please confirm with them that you would like to attend.

#### **Community co-ordinator contacts:**

Canterbury Tel: **01227 812617**  
Fax: **01227 812606**

Ashford Tel: **01233 504115**  
Fax: **01233 504132**

Thanet Tel: **01843 233924**  
Fax: **01843 233931**

