

Managing Stress & Anxiety



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Develop better
management of your
stress and anxiety



Helping you to learn, understand and utilise strategies to enable you to manage your stress and anxiety.

For more information about Managing Stress & Anxiety, please contact pafs@pth.org.uk or 01252 729430.

For information about Living Well, call **01252 913040**

Living
Well



Managing Stress & Anxiety

what is this group?

It is a therapeutic group aimed at helping you manage feelings and behaviours associated with stress and anxiety. The group facilitator will encourage collective discussion and guide you through a series of techniques to enable you to develop management and coping strategies to minimise the effects of stress and anxiety in your life.

what are the benefits?

To provide the opportunity of shared experience with others in a similar situation and develop a better understanding of how emotional reactions can influence our reactions to stress and anxiety.

who is the group for?

This group is aimed at patients living with an advanced or terminal illness who are able to engage and take part in group discussions and learning.

what happens in these sessions?

Sessions will be led by a Psychologist and a Counsellor, with contributions from other team members. Each session will allow some time for group discussion alongside learning a range of coping strategies.

is transport to the venue available?

The courses are run at the Beacon Centre in Guildford. There is public transport to the site as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit. Handouts will be provided.

when are the groups held?

The groups are run on a Monday morning at the Beacon Centre in Guildford over four consecutive weeks.

do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.