



HEALTH & WELLBEING/HEALTH PROMOTION

DUBLIN SOUTH, KILDARE & WEST WICKLOW

invites you to participate in a free online

Stress Control Programme

Delivered by Dr Jim White, Consultant Clinical Psychologist

All of our lives are being impacted by Covid 19. It's normal to feel worried or stressed but there are things we can do to mind our mental health.

HSE are streaming Stress Control classes free-of-charge.

The next programme will start on **Monday 5th April 2021**.

There are 6 sessions, each session lasts approximately 90 minutes.

Each session will be available to watch during the times below.

Session 1 Monday 5th April, 9am until Wednesday 7th April, 11pm

Session 2 Thursday 8th April, 9am until Sunday 11th April, 11pm

Session 3 Monday 12th April, 9am until Wednesday 14th April, 11pm

Session 4 Thursday 15th April, 9am until Sunday 18th April, 11pm

Session 5 Monday 19th April, 9am until Wednesday 21st, 11pm

Session 6 Thursday 22nd April, 9am until Sunday 25th April, 11pm

Watch the sessions, read the booklets and try out some of the breathing and mindfulness exercises. Friends and family can join in too.

There is no registration required.



Everything you need can be found at
www.stresscontrol.ie



Connecting for Life