



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 2nd August 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 2nd August, 9am until Wednesday 4th August, 11pm

Session 2 Thursday 5th August, 9am until Sunday 8th August, 11pm

Session 3 Monday 9th August, 9am until Wednesday 11th August, 11pm

Session 4 Thursday 12th August, 9am until Sunday 15th August, 11pm

Session 5 Monday 16th August, 9am until Wednesday 18th August, 11pm

Session 6 Thursday 19th August, 9am until Sunday 22nd August, 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