



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 8th February 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 8th Feb, 9am until Wed 10th Feb, 11pm

Session 2 Thursday 11th Feb, 9am until Sun 14th Feb, 11pm

Session 3 Monday 15th Feb, 9am until Wed 17th Feb, 11pm

Session 4 Thursday 18th Feb, 9am until Sun 21st Feb, 11pm

Session 5 Monday 22nd Feb, 9am until Wed 24th Feb, 11pm

Session 6 Thursday 25th Feb, 9am until Sun 28th Feb, 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