



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 31st May 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 31st May, 9am until Wednesday 2nd June, 11pm

Session 2 Thursday 3rd June, 9am until Sunday 6th June, 11pm

Session 3 Monday 7th June, 9am until Wednesday 9th June, 11pm

Session 4 Thursday 10th June, 9am until Sunday 13th June, 11pm

Session 5 Monday 14th June, 9am until Wednesday 16th June, 11pm

Session 6 Thursday 17th June, 9am until Sunday 20th June, 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