



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 March 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 March, 9am until Wed 10th March, 11pm

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

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

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

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

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