



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 3rd 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 3rd May, 9am until Wednesday 5th May, 11pm

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Session 2      Thursday 6th May, 9am until Sunday 9th May, 11pm

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Session 3      Monday 10th May, 9am until Wednesday 12th May, 11pm

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Session 4      Thursday 13th May, 9am until Sunday 16th May, 11pm

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Session 5      Monday 17th May, 9am until Wednesday 19th May, 11pm

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Session 6      Thursday 20th May, 9am until Sunday 23rd May, 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](http://www.stresscontrol.ie)



Connecting for Life