



HEALTH & WELLBEING/HEALTH PROMOTION CHEast

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 is normal to feel worried or stressed but there are things we can do to mind our mental health.

The HSE are streaming Stress Control Classes free-of-charge.

The next programme will start on **Monday 11th January**.
There are 6 sessions, each session lasts approximately 90 minutes.
Each session will be available to watch during the times below.

Session 1 Monday 11th Jan, 9am until Wed 13th Jan, 11pm

Session 2 Thursday 14th Jan, 9am until Sun 17th Jan, 11pm

Session 3 Monday 18th Jan, 9am until Wed 20th Jan, 11pm

Session 4 Thursday 21st Jan, 9am until Sun 24th Jan, 11pm

Session 5 Monday 25th Jan, 9am until Wed 27th Jan, 11pm

Session 6 Thursday 28th Jan, 9am until Sun 31st Jan, 11pm

Watch the sessions, read the online booklets and try out some of the breathing and mindfulness exercises. Friends and family can join too.

There is no registration required.



Everything you need can be found at
www.stresscontrol.ie



Connecting for Life