



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 6th September 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 6th September, 9am until Wednesday 8th September, 11pm

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Session 2 Monday 9th September, 9am until Sunday 12th September, 11pm

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Session 3 Monday 13th September, 9am until Wednesday 15th September, 11pm

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Session 4 Thursday 16th September, 9am until Sunday 19th September, 11pm

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Session 5 Monday 20th September, 9am until Wednesday 22nd September, 11pm

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Session 6 Thursday 23rd September, 9am until Sunday 26th September, 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