Stress Control Online

HSE is offering a free Stress Control programme online, starting next Monday, 13th April, which young people facing the Leaving Cert and their parents could find very helpful. If you are feeling a bit more stressed than usual and would like to learn some great ways to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor wellbeing then come along to our free online Stress Control class. The sessions will be led by Dr Jim White, consultant clinical psychologist, who created the class and who has taught most of the HSE trainers who would normally be running classes across the country.

Schedule

The 6 sessions, 90 minutes each, will cover the following topics at the following times. You are encouraged to watch all sessions, but you can join at any stage for one or more session.

Session	Date	1st Showing	Repeated
1: What is stress?	Mon, 13th April	2 – 3.30pm	8.30 – 10pm
2: Controlling your body	Thurs, 16th April	2 – 3.30pm	8.30 – 10pm
3: Controlling your thoughts	Mon 20th April	2 – 3.30pm	8.30 – 10pm
4: Controlling your actions	Thurs, 23rd April	2 – 3.30pm	8.30 – 10pm
5: Controlling panicky feelings, getting a good night's sleep	Mon, 27th April	2 – 3.30pm	8.30 – 10pm
6: Boosting your wellbeing, tying it all together, controlling your future	Thurs, 30th April	2 – 3.30pm	8.30 – 10pm

***Session 1 will be repeated Tues, 14th April at 2pm and 8:30pm**

How to take part:

1) Go to http://stresscontrol.org where you can learn more about the class and get the dates. Everything you need to successfully complete the class – the booklets, self-assessment, relaxation and mindfulness - can be found in the 'Free zone'. If you can, please read, and start working on, the booklets in the 'Preparing for the course' section before Session 1.

2) On the homepage, click on the 'Stress Control 2020' link to access our YouTube channel where the classes will be available to view at the scheduled times. If you click the 'Subscribe' button on our YouTube page (free), you will receive notifications when a new session is available. You can also follow this link: https://www.youtube.com/playlist?list=PL_BKErJ_jlSQHKFtHPCRmEctDtcNCCowB

3) The session will begin exactly on time, so make sure you are there from the start. Sessions run for about 90 minutes and there will be a 10-minute break in the middle.

4) Each session is one piece of the jigsaw in tackling your Stress. By coming to each class, the jigsaw will form, and the big picture can emerge, making you better able to handle your stress. This is cognitive-behavioural therapy so it is crucial you practice the skills you will learn between sessions.

Life is very hard for us just now and there are no easy solutions or magic cures, but, with hard work and determination, we can boost our resilience to cope with these difficult times and come out the other end stronger. Please pass this on to anyone who you think might benefit from the class.

stresscontrol®

Face your fears; be more active; boost your wellbeing

HSE

hi Healthy Ireland