

## Stress Control online

Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment. If you are feeling a bit more stressed than usual and would like to learn some great ways, free-of-charge, to deal with common problems like anxiety, depression, panicky feelings, poor sleep and poor wellbeing then come along to our online Stress Control class.

'Stress Control' is a six-session cognitive-behavioural therapy class used extensively in community-settings by the NHS (UK) and HSE (Ireland) and across the world. You can find out more here: <https://ni.stresscontrol.org/>

As you can't come to a regular Stress Control class due to the current circumstances, Stress Control will come to you and live stream the sessions. **Each session will be available on the YouTube channel from 9am and will be 62 hours after the start time.** The sessions will be led by Dr Jim White, consultant clinical psychologist, who created the class and who has taught most of the NHS (UK) and HSE (Ireland) trainers who would normally be running classes across the country.

To take part:

- 1) Go to <https://ni.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 Online' 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/channel/UCdCfzKgmXbB30baWLv6L5-g>
- 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**<sup>®</sup>

Face your fears; be more active; boost your wellbeing

## **Take control with Stress Control**

Session 1: What is Stress?

Monday 29th November  
9am  
(available until 11pm Wednesday 1st Dec)

Session 2: Controlling your body

Thursday 2nd December  
9am  
(available until 11pm Sunday 5th)

Session 3: Controlling your thoughts

Monday 6th December  
9am  
(available until 11pm Wednesday 8th)

Session 4: Controlling your actions

Thursday 9th December  
9am  
(available until 11pm Sunday 12th)

Session 5: Controlling panicky feelings  
Getting a good nights sleep

Monday 13th December  
9am  
(available until 11pm Wednesday 15th)

Session 6: Boosting you wellbeing  
Controlling your future

Thursday 16th December  
9am  
(available until 11pm Sunday 19th)

Everything you need can be found at <https://ni.stresscontrol.org/>



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