

## Media Briefing Note

### Free Stress Control Programme online starts 13th April 2020

HSE, Health & Wellbeing will be offering a Stress Control programme online, commencing 13th April 2020, via [Stresscontrol.org](http://Stresscontrol.org). This 3 week programme is free of charge to the public and delivered by

Dr Jim White, Consultant Clinical Psychologist, Stress Control Ltd.

It has never been more important for the public to have evidenced based supports from a trusted source, to help them manage and deal with the range of emotions individuals and families are experiencing at the moment. This initiative encourages participants to be their own therapist by managing their thoughts and emotions and developing techniques to help them maintain good mental health. This initiative is part of a range of measures being rolled out under the Department of Health's Healthy Ireland campaign.

### Schedule

There are six free sessions available to the public. **Session one commences on the 13th April** (Session one will repeat on Tuesday 14th). Each session will play twice a day (at 2pm and repeated at 8.30 pm) on Mondays and Thursdays beginning on the 13th April. The sessions will be led by Dr Jim White, consultant clinical psychologist.

### Content

The six sessions, 90 minutes per session, will cover the following topics. Participants are encouraged to watch all sessions, but participants can join at any stage for one or more session.

Session	Date	1st Showing	Repeated
Session 1: What is stress?	Mon, 13th April	2 – 3.30pm	8.30 – 10pm
Session 2: Controlling your body	Thurs, 16th April	2 – 3.30pm	8.30 – 10pm
Session 3: Controlling your thoughts	Mon 20th April	2 – 3.30pm	8.30 – 10pm
Session 4: Controlling your actions	Thurs, 23rd April	2 – 3.30pm	8.30 – 10pm
Session 5: Controlling panicky feelings Getting good night's sleep	Mon, 27th April	2 – 3.30pm	8.30 – 10pm
Session 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**