

Stress Control Online Course

June 2020



#We Are With
 YOU

What is Stress?

Stress is a normal reaction to the rapidly changing and uncertain times we are all living in at the moment.

If you would like to learn some great ways, free-of-charge, to deal with common problems like anxiety, depression, panicky feelings, poor sleep and at the same time support your mental health and emotional wellbeing then utilise our online Stress Control course.

Dr Jim White, consultant clinical psychologist and facilitator provides a summary of what to expect from the Stress Control Course

https://www.youtube.com/playlist?list=PL_BKErJ_jISQHKFtHPCRmEctDtcNCCowB

Stress Control Course Schedule

Six sessions, over 3 weeks, each session lasts for 90 minutes includes a 10 minute break

SESSION	DATE & TIME
Session 1: What is Stress?	<p>Monday 8th June 2020 2.00pm AND 8.30pm</p> <p>Tuesday 9th June 2020 2.00pm AND 8.30pm</p>
Session 2: Controlling Your Body	<p>Thursday 11th June 2020 2.00pm AND 8.30pm</p> <p>Friday 12th June 2020 2.00pm AND 8.30pm</p>
Session 3: Controlling Your Thoughts	<p>Monday 15th June 2020 2.00pm AND 8.30pm</p> <p>Tuesday 16th June 2020 2.00pm AND 8.30pm</p>
Session 4: Controlling Your Actions	<p>Thursday 18th June 2020 2.00pm AND 8.30pm</p> <p>Friday 19th June 2020 2.00pm AND 8.30pm</p>
Session 5: Controlling Panicky feelings & getting a good night's sleep	<p>Monday 22nd June 2020 2.00pm AND 8.30pm</p> <p>Tuesday 23rd June 2020 2.00pm AND 8.30pm</p>
Session 6: Boosting Your Wellbeing, tying it all together, controlling your future	<p>Thursday 25th June 2020 2.00pm AND 8.30pm</p> <p>Friday 26th June 2020 2.00pm AND 8.30pm</p>

Preparation

Before commencing **Session 1** a little preparation is required:

- Go to <http://www.ni.stresscontrol.org> for all information 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 '**Preparing for the course**'.
- You do not need to register or login go to <https://www.youtube.com/channel/UCdCfzKgmXbB30baWLv6L5-g> on the homepage, click on the '**Stress Control June**' 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_jISQHKFtHPCRmEctDtcNCCowB
- 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. Due to copyright restrictions, sessions will only live stream so they will not remain on YouTube.
- The '**Enhanced zone**' on the website is also available for those who want to do more, this will offer interactive session reviews, homework tasks, self-assessment and a much wider range of relaxation and mindfulness. There is a **£20 fee** to access the Enhanced Zone but everything you need to successfully complete the class is in the Free Zone.
- Each session is one piece of the jigsaw in tackling your stress. By coming to each class, the jigsaw will form, the big picture can emerge, and you will learn how to handle your stress better. This is cognitive-behavioural therapy so it is crucial you practice the skills you will learn between sessions.



For further information please contact:

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