

## Free Stress Control Online Programme starts 13<sup>th</sup> April 2020

### Briefing Note

HSE, Health & Wellbeing will be offering a Stress Control Online programme, commencing 13<sup>th</sup> 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.

Watch Dr. Christina Corbett, Senior Clinical Psychologist with the HSE, introduce the programme [here](#).

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 new Government's Together Campaign which is focuses on supporting wellbeing at this unprecedented time. Please help us promote this programme to your audiences and target groups.

### Schedule

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

### Content

The six sessions, 90 minutes be 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	1 <sup>st</sup> Showing	Repeated
1: What is stress?	Mon, 13 <sup>th</sup> April	2 – 3.30pm	8.30 – 10pm
2: Controlling your body	Thurs, 16 <sup>th</sup> April	2 – 3.30pm	8.30 – 10pm
3: Controlling your thoughts	Mon 20 <sup>th</sup> April	2 – 3.30pm	8.30 – 10pm
4: Controlling your actions	Thurs, 23 <sup>rd</sup> April	2 – 3.30pm	8.30 – 10pm
5: Controlling panicky feelings Getting good night's sleep	Mon, 27 <sup>th</sup> April	2 – 3.30pm	8.30 – 10pm
6: Boosting your wellbeing Tying it all together Controlling your future	Thurs, 30 <sup>th</sup> April	2 – 3.30pm	8.30 – 10pm

**\*Session 1 will be repeated Tues, 14<sup>th</sup> April at 2pm and 8:30pm**

## **How to Participate:**

In order to access these sessions on line:

Users must click on <http://stresscontrol.org> and follow instructions about how to 'Subscribe' to Stress Control's YouTube page. This is a free subscription.

Users will then receive notifications when a new session is available. You can also follow this link: [https://www.youtube.com/playlist?list=PL\\_BKErJ\\_iISQHKFtHPCRmEctDtcNCCowB](https://www.youtube.com/playlist?list=PL_BKErJ_iISQHKFtHPCRmEctDtcNCCowB)

See HSE website for the outline of the programme [here](#).

See outline of various supports provided by HSE Mental Health at this time [here](#).

Please share this information to your networks and through your own communication channels and use #StressControlIrl.

## **Some suggested tweets from Sunday 12<sup>th</sup> April and to promote the session timetable above:**

A new evidenced based programme Stress Control is available to you for free at the following times via stresscontrol.org. These days Managing our stress levels and encouraging those we care about to is really important. #StressControlIrl #Covid19

Calling all the busy parents out there to put a date in their diary for the Stress Control Online programme which will be available via stresscontrol.org at the following times. Let us know what you think by using #StressControlIrl #Covid19 (insert timetable image)

Here is a message for all your Whatsapp groups and for you. Take control with Stress Control online programme starting tomorrow. Go to stresscontrol.org for more details #StressControlIrl #Covid19

Don't miss the new Stress Control Online programme at 2 and 8.30 today on stresscontrol.org . This is a proven programme to help with mild, moderate and severe levels of stress and will support your health and wellbeing. #COVID19 #StressControlIrl

Stress Control Online is highly recommended to help reduce stress and anxiety. Join the free Stress Control Online programme at the link below to learn new stress management skills and mind your mental health. #StressControlIrl #Covid19

Due to the #COVID19 crisis high levels of stress are affecting us all emotionally, mentally and physically. There is support available to help you get your stress under control. Check out our free online Stress Control programme. #StressControlIrl

### **Further information:**

**Narrator: Dr Jim White, Consultant Clinical Psychologist, Stress Control Ltd.**

Dr. Jim White is an internationally recognised expert in stress management. Jim has presented at many national and international conferences and events and acted as a National Advisor to the Scottish Government. He is involved with the European Union on how to develop mental health services across Europe using interventions, including Stress Control, he has devised. Jim is a Fellow of the British Psychological Society, a Fellow of the British Association for Behavioural and Cognitive Psychotherapies, the lead CBT organisation in the UK and Ireland and had been appointed a Chartered Scientist. Jim has teamed up with the HSE to train Master Trainers of Stress Control in Ireland.

### **HSE Stress Control Programme**

The roll out of the Stress Control programme has been a priority for the HSE under the Healthy Ireland Framework and under the Connecting for Life Suicide Strategy. Prior to COVID-19 the HSE was working across the Community Health Organisations and Hospital Groups to roll out Stress Control to the public and to staff. In the context of COVID-19 this course is now available online.

## Images for sharing

Twitter

images

**TAKE CONTROL WITH STRESS CONTROL**

	What is Stress Control?	Monday 13th April 2pm and 8.30pm
	What is Stress Control? (Repeat)	Tuesday 14th April 2pm and 8.30pm
	Controlling your Body	Thursday 16th April 2pm and 8.30pm
	Controlling your Thoughts	Monday 20th April 2pm and 8.30pm
	Controlling your Actions	Thursday 23rd April 2pm and 8.30pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	Monday 27th April 2pm and 8.30pm
	Controlling your Future	Thursday 30th April 2pm and 8.30pm

**TAKE CONTROL WITH STRESS CONTROL**

What is Stress?    Getting a good nights sleep    Controlling your thoughts

Controlling your actions    **You**    Controlling panicky feelings

Controlling your future    Wellbeing    Controlling your body

## TAKE CONTROL WITH STRESS CONTROL



You can  
learn skills  
to stop the  
stress



Square versions

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