



Western Health
and Social Care Trust

Stress Control Online Course

October • November • December 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

October 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?	Monday 5th October 2020 2pm AND 8:30pm (Online for 36 hours)
Session 2: Controlling Your Body	Thursday 8th October 2020 2pm AND 8:30pm (Online for 36 hours)
Session 3: Controlling Your Thoughts	Monday 12th October 2020 2pm AND 8:30pm (Online for 36 hours)
Session 4: Controlling Your Actions	Thursday 15th October 2020 2pm AND 8:30pm (Online for 36 hours)
Session 5: Controlling Panicky Feelings & Getting a Good Night's Sleep	Monday 19th October 2020 2pm AND 8:30pm (Online for 36 hours)
Session 6: Boosting Your Wellbeing, Tying it all Together, Controlling Your Future	Thursday 22nd October 2020 2pm AND 8:30pm (Online for 36 hours)

November 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?	Monday 2nd November 2020 2pm AND 8:30pm (Online for 36 hours)
Session 2: Controlling Your Body	Thursday 5th November 2020 2pm AND 8:30pm (Online for 36 hours)
Session 3: Controlling Your Thoughts	Monday 9th November 2020 2pm AND 8:30pm (Online for 36 hours)
Session 4: Controlling Your Actions	Thursday 12th November 2020 2pm AND 8:30pm (Online for 36 hours)
Session 5: Controlling Panicky Feelings & Getting a Good Night's Sleep	Monday 16th November 2020 2pm AND 8:30pm (Online for 36 hours)
Session 6: Boosting Your Wellbeing, Tying it all Together, Controlling Your Future	Thursday 19th November 2020 2pm AND 8:30pm (Online for 36 hours)

December Stress Control Course Schedule

Commencing Monday 30th November

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

SESSION	DATE & TIME
Session 1: What is Stress?	Monday 30th November 2020 2pm AND 8:30pm (Online for 36 hours)
Session 2: Controlling Your Body	Thursday 3rd December 2020 2pm AND 8:30pm (Online for 36 hours)
Session 3: Controlling Your Thoughts	Monday 7th December 2020 2pm AND 8:30pm (Online for 36 hours)
Session 4: Controlling Your Actions	Thursday 10th December 2020 2pm AND 8:30pm (Online for 36 hours)
Session 5: Controlling Panicky Feelings & Getting a Good Night's Sleep	Monday 14th December 2020 2pm AND 8:30pm (Online for 36 hours)
Session 6: Boosting Your Wellbeing, Tying it all Together, Controlling Your Future	Thursday 17th December 2020 2pm AND 8:30pm (Online for 36 hours)

Preparation

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

The classes are presented by Dr Jim White, a clinical psychologist.

- To participate in the stress control online sessions please go to: www.ni.stresscontrol.org. You can click on the subscribe button and you will be kept up to date with the latest videos when logged in to YouTube. The classes can be watched either in the afternoon or evening and each class lasts for one and a half hours.
- 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'** booklets before Session 1. These can be found in the **'Booklets'** section of the **'Free zone'**. Everything you need is provided in the free zone however if you wish to do more you can enter the **'Enhanced zone'** for a **£20 fee**.
- 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.
- 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.
- Stress Control will teach you to 'become your own therapist' and you will get most benefit when you put into practise the things you learn in each session.



For more information please contact:

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