



FREE "STRESS CONTROL" EVENING CLASS

WHAT IS IT?

Stress Control is a six session class which is being jointly run by Kilmacud Crokes GAA Club and the HSE Dublin South Psychology services. 'Stress Control' was devised to help the large number of people that experience stress and stress related reactions and who are keen to learn how to tackle their problems themselves. As this is a class and not therapy no one will be asked to discuss their personal experience. Each session deals with a separate aspect of stress but we ask that you attend all six sessions as they all link together. Handouts will be provided for each session.

WHEN IS IT ON?

The course will run for six Thursday evenings from 12th January to 16th February 2017

12 rd January	Session 1:	Learning about Stress
19 th January	Session 2:	Controlling your Body
26 th January	Session 3:	Controlling your Thoughts
2 nd February	Session 4:	Controlling your Actions
9 th February	Session 5:	Controlling Panic
16 th February	Session 6:	Controlling Sleep problems and Course Review

WHAT TIME: 7.30pm - 9.00pm

WHERE IS IT ON? The course will be held in Function room Kilmacud Crokes GAA club, Stillorgan.

COST: This is a Kilmacud Crokes and HSE run course and there is no charge.

WHAT DO I DO NEXT? If you are interested in attending the course please email stresscontrol.dublinsouth@hse.ie or leave a message for Primary Care Administration at 01-236 2892 indicating whether you are interested in the daytime or evening course

Course Leader: Aisling White, Principal Psychology Manager, HSE Dublin South