



stresscontrol

Face your fears; be more active; boost your wellbeing

FREE course to Manage Stress in Carrick-on-Shannon

- This 6 week course aims to help you manage stress and is open to everyone.
- This is not an interactive course; there is no discussion.
- Each session lasts 90 minutes and deals with a separate aspect to stress.
- Resource booklets are provided for each of the six sessions which you keep
- Stress Control provides information on the most common types of stress: It includes information on **Anxiety** and **Depression**, as well as insomnia, panic feelings, low self-esteem and confidence.

'We all live in stressful times. Understanding how stress can impact on our lives and what we can do about it is key to strengthening our resilience and ability to cope'

"This is an excellent, simple programme"

"I found it helpful and informative and I would recommend this course to others"

"I feel more confident already about tackling stress in the future"

Venue:	The Dock
Time:	10.30am – 12pm
Dates:	October 17 th , 24 th , 31 st , November 7 th , 14 th , 21 st

"I feel stress is an on-going problem for most people but with the skills and knowledge I have picked up on this course, I feel confident I will be able to manage my"

If you are interested in attending this course, please send email or text your name to
Email: Thomas.mcbride@hse.ie or Telephone: 087 3680423

This course is free and sponsored by the HSE and Leitrim County Council.



Connecting for Life
Sligo and Leitrim



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive