



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

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LHO Dun Laoghaire,  
Our Lady's Clinic,  
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Co. Dublin

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## FREE "STRESS CONTROL" CLASS

### *WHAT IS IT?*

'Stress Control' is a six session class which is run by the HSE Dublin South Primary Care Psychology Service. 'Stress Control' was devised to help the large number of people who experience stress 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 as they all link together, it is highly recommended that you attend all six sessions.

- Session 1: Learning about stress
- Session 2: Controlling your body
- Session 3: Controlling your thoughts
- Session 4: Controlling your actions
- Session 5: Controlling panic
- Session 6: Controlling sleep problems and Course review

### *WHERE IS IT ON?*

**Evening courses** are usually in Mounttown Community Facilities, Meadowlands Fitzgerald Park, Lower Mounttown Road, Dun Laoghaire. **Daytime course** may be held in Shankill or Sallynoggin.

**WHEN IS IT?** We run these courses on an ongoing basis. To find out and register for the next course please contact Vicky Mc Kenna (see below).

**TIME:** Daytime course: 10.30am to 12noon    Evening course: 7.30pm to 9pm

**COST:** This is a HSE run course and there is no charge. A *voluntary* contribution of €5 is welcome towards tea and coffee

**WHAT DO I DO NEXT?** If you are interested in attending the course please contact Vicky McKenna **ph: 086 7709133** Primary Care Administration to register indicating whether you are interested in the daytime or evening course.

**Course Leader:** Aisling White.