

TAKE CONTROL WITH STRESS CONTROL

JULY 2021: Commencing Monday 5th July

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

	What is Stress?	9am, Monday 5th July (available until 11pm Wednesday, 7th)
	Controlling your Body	9am, Thursday 8th July (available until 11pm Sunday 11th)
	Controlling your Thoughts	9am, Monday 12th July (available until 11pm Wednesday 14th)
	Controlling your Actions	9am, Thursday 15th July (available until 11pm Sunday 18th)
	Controlling Panicky Feelings and Getting a Good Night's Sleep	9am, Monday 19th July (available until 11pm Wednesday 21st)
	Controlling your Future	9am, Thursday 22nd July (available until 11pm Sunday 25th)

www.stresscontrol.ie

