

TAKE CONTROL WITH STRESS CONTROL

OCTOBER: Commencing Monday 5th October

	What is Stress?	Monday 05/10/2020 2pm and 8:30pm
	Controlling your Body	Thursday 08/10/2020 2pm and 8:30pm
	Controlling your Thoughts	Monday 12/10/2020 2pm and 8:30pm
	Controlling your Actions	Thursday 15/10/2020 2pm and 8:30pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	Monday 19/10/2020 2pm and 8:30pm
	Controlling your Future	Thursday 22/10/2020 2pm and 8:30pm

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