

## What have people said after completing the Stress Control classes:

"I found it all very interesting. I have had bother with sleep for years and I never realised it had to do with stress. I have been practicing the relaxation and can feel a difference already"

"I never paid attention to my thoughts before. From the course I learned that I need to watch my thought more – especially the thoughts that cause stress"

"I just went along because my friend was going, but I found the course so interesting. I am actually using the information to teach the children about stress"

"I saw the add in the paper and went along because I thought it might help my confidence as I would be very shy. The course helped me see how stress management can help with my shyness."

"I actually looked forward to the classes. It was very interesting and relaxing. The facilitator showed us some mindfulness exercises and it was always nice to get the cup of tea at the break. I still do the exercises and find I am more relaxed now than last year."

"The facilitator said you have to practice the skills every day and I agree. It is interesting in the classes but practicing it is the big challenge. Sometimes I forget and then I notice the stress building, so I get going again with all the skills."

"The doctor said my problems with anxiety and sleeping were stress related and recommended I go to Stress Control. It was the best thing I ever did! I wish someone had told me all this information years ago. I feel like I am more in control now."

## Useful Resources

<b>Aware</b>	Support for depression	1800 804848
<b>Grow</b>	Support for depression/ anxiety	1890 474474
<b>Social Prescribing</b>	Links to men's sheds, walking groups, community gardening, dancing, art and other creative activities.	
<b>Jigsaw</b>	Mental health support service for young people	074 97 26920

## Useful Website Links

<b>Stresscontrol</b>	<a href="http://www.stresscontrol.org">www.stresscontrol.org</a>
<b>Your Mental Health</b>	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>
<b>A Lust For Life</b>	<a href="http://www.alustforlife.com">www.alustforlife.com</a>

For further information about Donegal Mind Wellness  
or Stress Control see the following:

[www.donegalmindwellness.ie](http://www.donegalmindwellness.ie)

Find us on  Donegal Mind Wellness

Phone: 086 0298907



**stresscontrol**

Face your fears, be more active, boost your wellbeing



Founded by Majella O'Donnell



“Donegal Mind Wellness is a charity that was **founded by Majella O'Donnell** in 2014. The aim of the charity is to encourage and support people in Co Donegal to learn how to take care of their mental health

Donegal Mind Wellness delivers the very successful programme **STRESS CONTROL**. To date over **3,000** have attended **STRESS CONTROL** with an average of **40 people** at each session.”

These are the 14 most common signs of stress reported by people in Ireland:

Worry	Poor concentration
Brooding	Feeling on edge
Irritable/Angry	Feeling hopeless
Expect the worst to happen	Unable to switch off
Feeling bad about yourself	Poor sleep/tiredness
Low self confidence/esteem	Tearful
Feeling panicky	Drinking too much/drugs

- If you have experienced any of the above for lengthy periods, it may be that stress is having a negative effect on your life.
- For some people managing their stress levels can be very difficult.
- Everyone can benefit from learning how to control their stress.
- Many people are not aware of how and why stress builds up in their body, and the harm it can do.
- The key is to learn more about stress and the things we can do to take more control of our stress levels on a daily basis.

What is the **STRESS CONTROL** programme

- It's a 6 session run weekly for 6 weeks .
- Each session lasts for 90 minutes with a tea/coffee break in the middle.
- There is no discussion of personal problems so people don't have to worry about having to talk
- It uses techniques to reduce stress by teaching better coping skills.
- Sessions are supported by a slideshow presentations, handouts, video clips and a CD with guided relaxation exercises
- The course does not use jargon and the handouts are written for the average reader
- Over 3,000 people have done the Stress Control programme in Donegal
- There is no cost for anyone who comes to Stress Control as Donegal Mind Wellness covers all costs and the facilitators are voluntary

