

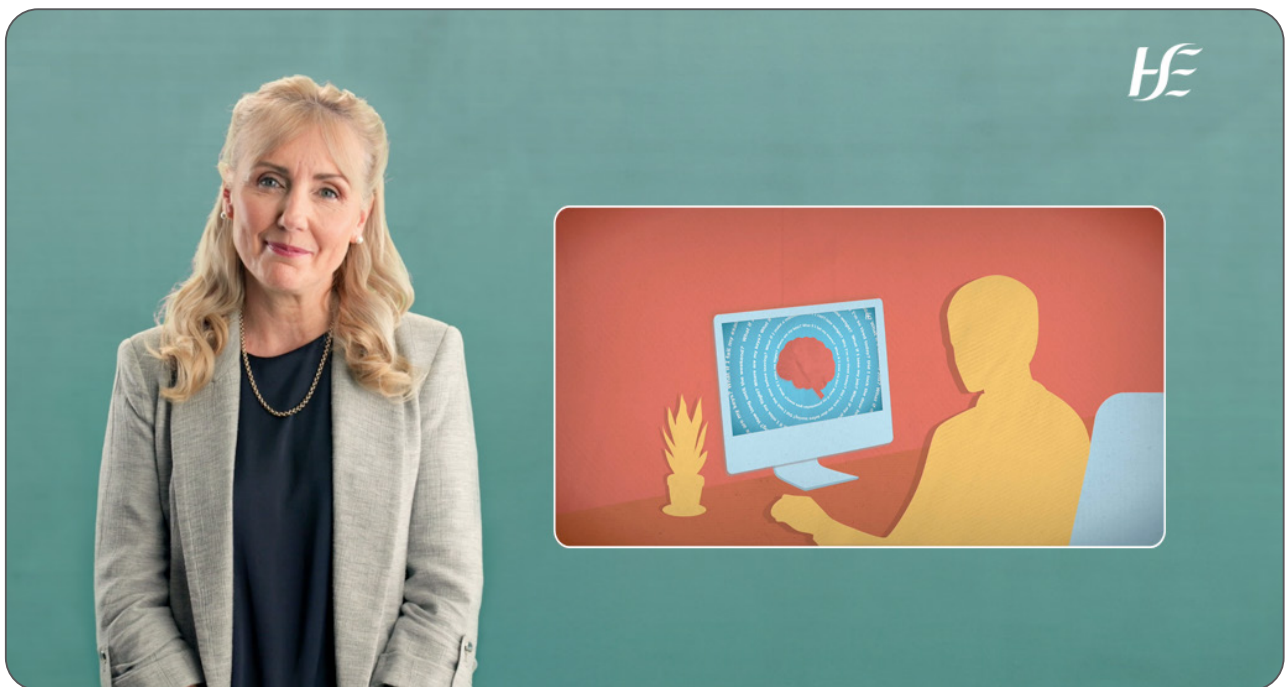


Balancing Stress[®]

Practical skills to cope with stress



A free online stress management programme



ABOUT BALANCING STRESS

Stress is something that we all experience at times and in today's fast-paced society, it can be easy to feel overwhelmed. Learning how best to manage our stress can help both our mental and physical wellbeing.

Balancing Stress is a free online programme developed by the HSE to help us understand and manage stress. The programme is delivered by Dr Niamh Clarke, HSE principal psychologist. It consists of six 35 minute online sessions. The programme is for adults aged 18 years or older and is designed to give us tools to identify stress triggers, reduce negative thinking patterns, boost our mood and create a more balanced lifestyle.

- **Free and available online:** You can access it on your phone, tablet or laptop at any time.
- **Convenient and flexible:** Watch sessions at your own pace, on your own schedule.
- **Evidence-based content:** Sessions are underpinned by proven psychological approaches, including CBT and Positive Psychology.
- **Practical and engaging:** Gain real-life skills, guided meditations, and insights from experts.

KEY CONTENT COVERED ACROSS SIX SESSIONS

Session 1: Understanding stress

- What stress is, including how and why it happens
- Things that can cause stress
- Signs of stress in the body
- A breathing exercise to calm your body in moments of stress

Session 2: Managing worry

- How to challenge worry thoughts using three simple questions
- How to manage worry using problem solving strategy
- Ways to improve your sleep
- A relaxation exercise to reduce tension in your body

Session 3: Managing anxiety

- What we mean by anxiety and what it looks like in our body, thoughts and feelings
- How to manage our anxiety by letting go of unhelpful coping strategies and facing our fears
- Panic attacks and how to prevent them
- A relaxation exercise for anxiety

Session 4: Managing low mood and depression

- The difference between low mood and depression
- Help manage low mood and depression – behavioural activation
- How physical activity can improve your mood and reduce stress
- A guided exercise for low mood and depression

Session 5: Understanding relationships and stress

- Ways to look after your relationships in times of stress
- How to support a partner or close family member who is stressed
- The importance of strengthening your social connections
- A guided meditation for positive relationships

Session 6: Balancing Stress into the future

- Recap of sessions
- Practicing gratitude and kindness
- Recognising your personal strengths
- Enjoying positive experiences
- Positive affirmations exercise: The Positive You





TESTIMONIALS FROM HEALTHCARE PROFESSIONALS

“The HSE Balancing Stress programme is an evidence-based resource that helps individuals develop real, lasting strategies to manage stress, anxiety, and low mood. The HSE Balancing Stress programme is a scientifically backed initiative that translates psychological research into real-world strategies. With six structured sessions covering everything from understanding stress to improving relationships and long-term resilience, this programme provides a clear, accessible roadmap for better mental well-being. Best of all, it’s available anytime, allowing you to work through it at your own pace.

If you’re feeling overwhelmed, don’t wait - take action today. This programme is a game-changer in helping people build resilience and regain balance in their lives. Your wellbeing matters, and the right support is available. Get involved now.”

Dr Eddie Murphy, HSE Principal Psychologist Manager

“This initiative is an exciting development in the management of stress, anxiety, and low mood - all ever-increasing problems for those attending GPs. It’s practical, simple to use, and professionally presented. Best of all, it’s free and available anytime, so I can confidently recommend it to my patients.”

Dr Sarah G Cuffe, General Practitioner

ACCESSING THE PROGRAMME

Getting started: www.hse.ie/balancingstress

- Follow the instructions to start watching the sessions
- Complete the programme at your own pace
- Learn more: www.yourmentalhealth.ie

