

INFORMATION

No need to register. Just go straight to www.ni.stresscontrol.org

Homepage

Dates

if you click on 'dates' and scroll down, you'll see the available classes. New classes always start on a Monday. So, session 1 will be available from 9am on that day and you can watch it anytime until 8am on the following Monday. Session 1 then disappears and Session 2 will appear at 9am on the same day. You can then watch it anytime until the next Monday morning at 8am. Session 3 then appears at 9am on the Monday morning (and so on till the final session).

Getting to the sessions

The 'Stress Control online' button takes you to the videos. When you click on this, you'll see a few videos - some you can watch now and the Session 1 video will be uploaded a few days before and will go 'live' on the Monday.

Free Zone

This divides into 'Booklets' and 'Relaxation/mindfulness'

Free Zone booklets

If you scroll down the home page, you'll find the Free Zone where you can get the booklets. Click on the 'Free Zone' green circle (it will turn to orange). Click on the green 'Booklets' circle (turns orange). Click on the green 'Preparing for the course' circle (turns to orange). If you then click on the orange writing, e.g. 'Welcome to Stress Control', this will open the booklet and you can download it if you want to keep it or just read it onscreen.

Please try to read the 4 booklets in the Preparing for the course' folder so you can hit the first session running. Then try to read the booklets in the Sessions folder before you watch each session. So, try to read the 'Controlling your Body' booklet, before you watch the second session 'Controlling your Body'. This helps a lot of people get more out of the session.

Free Zone relaxation

Scroll down to the Free Zone (as above) and click on 'Relaxation/Mindfulness' circle (turns to orange). Click on the arrow to play a track or click on the small downward arrow to download the relaxation so you can keep it.

You can play the relaxation whenever you want - it will all be explained in the sessions (e.g. we won't talk about 'Leaves in the stream' till Session 6 but you don't have to wait till then to use it if you like it).

Both the booklets and relaxation are always available on the website.

Enhanced Zone

You can register (£20) for the Enhanced zone anytime where you'll find some interactive materials but everything you need to successfully complete the course can be found in the Free Zone. So, no need to do this unless you are really interested in what is in there. Most people are happy with the Free Zone materials. <https://ni.stresscontrol.org/enhanced-benefits/>

Each of the six videos is available for one week only so do make sure you keep up with them as each video is like one piece of the jigsaw. Seeing them all allows you to see the big picture. You can watch the full session or watch it in bits. HSCNI may ask for more classes beyond 2025 - if so, we'll update the website as soon as we hear - www.ni.stresscontrol.org/dates