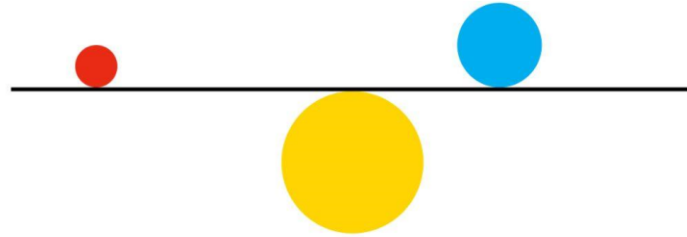




Partner Pack



Balancing Stress[®]

Practical skills to cope with stress

#HSEBalancingStress





About Balancing Stress

What is Balancing Stress?

Balancing Stress is a free online programme developed by the HSE Health & Wellbeing and HSE Psychology to help us understand and manage stress. It is designed to help people identify stress triggers, reduce negative thinking patterns, boost our mood and create a more balanced lifestyle.

Balancing Stress

- **Six-part online programme:** approx. 35 minutes per session.
- **Free and available online:** No registration needed. Available anytime on your phone, tablet, or laptop.
- **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.

[HSE Balancing Stress](#)



Six sessions



The programme is delivered by Dr Niamh Clarke, HSE principal psychologist.



Balancing Stress Podcast

[Listen Here](#)



HSE Talking

Health & Wellbeing

Balancing Stress

with Dr. Aleisha Clarke & Dr. Niamh Clarke

Hosted by Noreen Turley

#99



Balancing Stress

Episode #99 HSE Talking Health & Wellbeing

with Dr. Aleisha Clarke & Dr. Niamh Clarke

A photograph of two women, Dr. Aleisha Clarke and Dr. Niamh Clarke, smiling and speaking into microphones. They are positioned in front of a white brick wall. A vertical green bar is visible between them.



The Balancing Stress Poster and Leaflets are available to order at www.healthpromotion.ie



The leaflet cover features the HSE logo at the top right. Below it is a graphic of a horizontal line with three colored circles (red, yellow, blue) above it. The title "Balancing Stress" is in bold, followed by the subtitle "Practical skills to cope with stress". A photograph of a woman is on the left. To the right of the photo is a numbered list of six topics. At the bottom right is a QR code. The bottom section has a dark green background with white text.

Balancing Stress
Practical skills to cope with stress

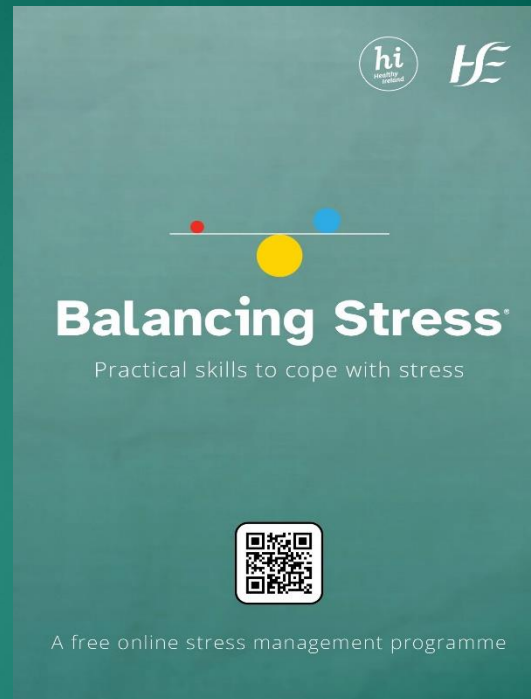
- 1 Understanding stress
- 2 Managing worry
- 3 Managing anxiety
- 4 Managing low mood and depression
- 5 Stress and relationships
- 6 Balancing stress now and into the future

A free HSE online stress management programme

What is it?
Balancing Stress is the HSE's free online programme to manage stress, worry, anxiety, low mood and relationship difficulties.

How do I take part?
www.hse.ie/balancingstress
no registration is required. There are six sessions you can watch anytime, at your own pace.

Presented by:
Dr Niamh Clarke
HSE Principal Psychologist



The poster has a dark teal background. It features the HSE logo and a smaller "hi" logo at the top right. Below them is the same graphic of a horizontal line with three colored circles (red, yellow, blue). The title "Balancing Stress" is in large white letters, followed by the subtitle "Practical skills to cope with stress". A QR code is centered at the bottom. The bottom text "A free online stress management programme" is in white.

Balancing Stress
Practical skills to cope with stress

A free online stress management programme



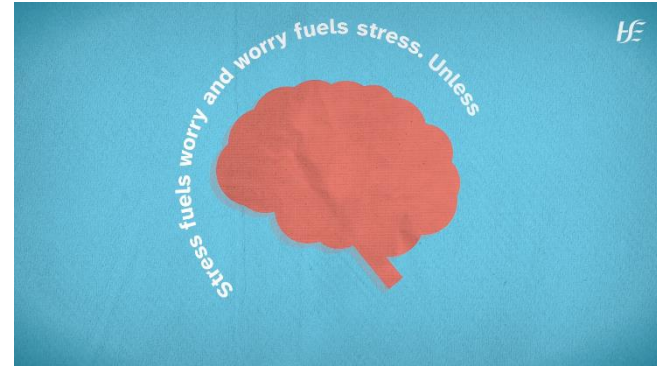
Social Media messaging



Balancing Stress*

Practical skills to cope with stress

Free, flexible, and evidence-based. Manage stress with our new 6-part programme 'Balancing Stress', available on our website:
hse.ie/balancingstress #HSEBalancingStress



Feeling stressed? Try Balancing Stress, our new, free online programme to manage anxiety & low mood. Find out more on our website:
hse.ie/balancingstress #HSEBalancingStress



Social Media Posts



Balancing Stress



The Balancing Stress Programme is a new, free online resource to help people to manage stress using practical, evidence-based tools and exercises. Find out more on our website: hse.ie/balancingstress



Balancing Stress



Balancing Stress is a free, flexible programme that combines proven psychological approaches, including Cognitive Behavioural Therapy and Positive Psychology to help people manage stress in everyday life. Find out more on our website: hse.ie/balancingstress [#HSEBalancingStress](https://twitter.com/HSEBalancingStress)



Balancing Stress



Feeling stressed? Try Balancing Stress, our new, free online programme to manage anxiety & low mood. Find out more on our website: hse.ie/balancingstress [#HSEBalancingStress](https://twitter.com/HSEBalancingStress)

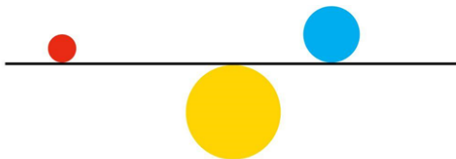


How you can help support and promote HSE Balancing Stress

Please share the assets provided to promote the Balancing Stress programme in your region

- Share social media assets included in this pack
- Increase awareness and share links to posters and leaflets available on www.healthpromotion.ie
- Repost promotional video across your communication channels. [Balancing Stress Promotional video – YouTube.](#)
- [HSE Talking Health and Wellbeing : Balancing Stress Podcast](#)
- Please use **#HSEBalancingStress** in all social media posts to help build awareness and engagement
- Read the full [Press Release](#)

If you have any issues accessing the images for these posts or need any other assistance, please email : healthandwellbeing.communications@hse.ie



Balancing Stress[®]

Practical skills to cope with stress

