



## Top Tips for Looking After Yourself

Do you want to learn strategies to manage stress, improve your emotional wellbeing and access support available to you?

The Health Improvement Team's Top Tips for Looking After Yourself Programme is open to all Belfast Trust staff. This 2 hour interactive workshop is delivered to a small group over MS Teams.

To register for one of these dates please email: [health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

### New Dates for February

Wednesday 8th Feb 2pm – 4pm

Tuesday 21st Feb 2pm – 4pm

ia MS Teams