



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 via MS Teams.

To register for one of these dates please email:

health.improvement@belfasttrust.hscni.net



Belfast Health and Social Care Trust

caring supporting improving together

Thurs 28th October 2pm-4pm

Thurs 4th November 2pm-4pm

Thurs 11th November 2pm-4pm

Thurs 18th November 10am-12pm

Thurs 25th November 10am-12pm

Thurs 2nd December 2pm-4pm

Thurs 9th December 10am-12pm

Thurs 16th December 2pm-4pm