



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

New Dates for 2022

Thurs 20th January 2pm—4pm

Thurs 3rd February 10am—12pm

Thurs 10th February 2pm—4pm

All via MS Teams