



## 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](mailto:health.improvement@belfasttrust.hscni.net)

### New Dates for 2022

Thurs 24th February 10am—12pm

Thurs 3rd March 2pm—4pm

Thurs 10th March 2pm—4pm

Thurs 31st March 10am—12pm

All via MS Teams