



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 3 hour interactive workshop is delivered in person to a small group.

To register for one of these dates please complete the MS Office form

Email:
Health.improvement@
belfasttrust.hscni.net

New Dates for Autumn

Thursday 13th October 2022 13:00 to 16:00
Elliott Dynes Education Centre Lecture
Room 1

<https://forms.office.com/r/sSwsKHB32E>

Wednesday 2nd November 2022 13:00 to 16:00
BCH Postgraduate Centre Lecture
Theatre

<https://forms.office.com/r/nQaK0eCZjZ>