| BHSCT Health Improvement Team Presents:  Cultivating self-Compassion in daily life…A Week of sessions to support staff wellbeing  monday 28th November – Friday 2nd December 2022  We invite you to take some time out, connect, learn, move and pause during our World Compassion Day weeklong event. **Monday 28th November 12-1pm: Screening launch of the Self-Compassion Animation, 'Getting to Know Your Brain: Understanding Stress and Self-criticism'***The Health Improvement Team has developed this wellbeing resource.*<https://forms.office.com/r/hTh7A2kxA9>**Tuesday 29th November 12.45-1.30pm: Mindful Self-Compassion Session** *A practice session exploring how we cultivate warmth and understanding towards ourselves in daily life –* ***facilitated by Dympna Johnston, Health Development Worker***  <https://forms.office.com/r/ZdmmfjXh0C> **Tuesday 29th November 2-4.30pm: Top Tips for Looking After Yourself Session** *Learn strategies to manage stress, improve your emotional wellbeing and access support available to you -* ***facilitated by Clare Flynn, Advanced Health Improvement Practitioner (Mental Health) & Donna Rooney, Health & Lifestyle Facilitator*** <https://forms.office.com/r/kJvgVmjYf0> **Wednesday 30th November 3.30-4.30pm: Cultivating Self-Compassion through Movement Session** *In this practice session, we will explore through somatic movement what it means and how it feels to cultivate self-compassion –* ***facilitated by Justine Brown, Health Development Worker*** <https://forms.office.com/r/7aZdibRE6K> **Thursday 1st December 3-4.30pm: Introduction to Compassion Focused Therapy Session** *A brief introduction to Compassion Focused Therapy (CFT). It will include both a seminar and CFT related practices –* ***facilitated by Mark Doyle, Psychological Therapist*** <https://forms.office.com/r/psvvq1JkTT> **Friday 2nd December 11am-12pm: Pathways of Support for Staff Wellbeing Session** *An information session on relevant 'Pathways of Support' for staff wellbeing, delivered jointly by Health Improvement and Occupational Health Psychology –* ***facilitated by Donna Rooney, Mark Doyle & Justine Brown*** <https://forms.office.com/r/b6t6bXahVV> |
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| **All of the sessions will be delivered online via MS Teams – Please click the links to register** |
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