



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 2.5 hour interactive workshop is delivered to a small group over MS Teams.

To register for one of these dates
[CLICK HERE](#)

New Dates for June

Friday 9th June 2pm – 4.30pm

Friday 23rd June 2pm – 4.30pm

Via MS Teams