

# Staff Health & Wellbeing

## INFORMATION SESSIONS

Please click on dates to register for sessions



### 1 **bWell**

Join us to find out how the Trust can support your health and wellbeing.

8th Jan @ 12.30pm - 1pm

12th Feb @ 12.30pm - 1pm

19th Mar @ 12.30pm - 1pm

[bWell for more information on your health and wellbeing](#)

### 2 **Top Tips for Looking after Yourself**

Do you want to learn strategies to manage stress and improve your emotional wellbeing?

Blue Monday: 20th Jan @ 2pm - 4.30pm

26th Feb @ 2pm - 4.30pm

### 3 **Take 5 Steps to Wellbeing**

Join us to explore 5 simple steps we can do to maintain and improve wellbeing.

15th Jan @ 12.30pm - 1pm

19th Feb @ 12.30pm - 1pm

26th Mar @ 12.30pm - 1pm

### 4 **Mind Ur Mind**

Staff - 22nd Jan & 5th Mar @ 12.30pm - 1pm  
Managers - 29th Jan & 12th Mar @ 12.30pm - 1pm

The aim of the sessions is to enable all staff to promote and protect their emotional wellbeing, to contribute to an understanding and supportive work environment, and to help managers to support the mental and emotional wellbeing of their staff.

### 5 **Living Life to the Full**

6 week programme commencing on Thursday 23rd Jan at 7pm - 9pm  
Delivered on MS Team

Suitable for staff experiencing low mood, stress/ or mild depression. The course teaches you skills which can be used in every day life to positively impact your wellbeing.

For any queries or to organise in person training sessions please contact [William.Moore@belfasttrust.hscni.net](mailto:William.Moore@belfasttrust.hscni.net)