

Staff Health & Wellbeing

WELLBEING 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.

15th April @ 12.30pm - 1pm
12th May @ 12.30pm - 1pm
16th June @ 12.30pm - 1pm

[bWell - for all Staff health and wellbeing information](#)

2 **Top Tips for Looking after Yourself**

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

23rd April @ 2pm - 4.30pm
15th May @ 2pm - 4.30pm
30th June @ 2pm - 4.30pm

3 **Take 5 Steps to Wellbeing**

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

16th April @ 12.30pm - 1pm
13th May @ 12.30pm - 1pm
9th June @ 12.30pm - 1pm

4 **Mind Ur Mind**

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.

Staff - 10th April & 17th June @ 12.30pm - 1pm

Managers - 14th April & 25th June @ 12.30pm - 1pm

5 **Living Life to the Full**

6 week programme commencing on Friday 2nd May
10am - 12 Noon
MS Teams

Suitable for staff experiencing low mood, stress/ or mild depression. Learn practical skills to help make a positive impact on your wellbeing.

Chair Based Activity

Do you have a team away day or event?
Add a bit of fun with our chair based activity session!

For any queries or to organise in person training sessions please contact William.Moore@belfasttrust.hscni.net