

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.

2nd Oct @ 12.30pm - 1pm

10th Nov @ 12.30pm - 1pm

9th Dec @ 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?

21st Oct @ 2pm - 4.30pm

8th Dec @ 2pm - 4.30pm

3 **Take 5 Steps to Wellbeing**

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

8th Oct @ 12.30pm - 1pm

11th Nov @ 12.30pm - 1pm

4th Dec @ 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 - 14th Oct & 3rd Dec @ 12.30pm - 1pm

Managers - 15th Oct & 5th Dec @ 12.30pm - 1pm

5 **Living Life to the Full**

6 week programme
commencing on Friday 24th Oct
10.30am - 12.30pm

MS Teams

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



For any queries or to organise in person training sessions please contact
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