INTERNATIONAL MEN'S DAY

Supporting Men's Health & Wellbeing

Would you like to recognise International Men's Day in your team or department?

The Health Improvement Team are offering a limited number of wellbeing sessions throughout November & December to mark International Men's Day

Sessions Available

Chi Me (45 mins)
A gentle, low-impact exercise session inspired by Tai Chi. Chi Me is designed to be accessible to people of all ages and fitness levels and can be adapted for those who need to exercise while seated.

Challenge Negative Thoughts (30 mins)
In this training session we seek to explore our thoughts and unhelpful beliefs, look at the Cognitive Behaviour Therapy model and practical tips and signposting for sources of support

Calming Skills & Techniques (45 mins)
The workshops will allow you to explore a range of calming skills that can help us manage everyday stress, worry and anxiety.

Mind ur Mind Toolkit for Staff (30 mins)
This session provides practical help to enable all staff to promote and protect their emotional wellbeing.

Interested in hosting a session?
Please complete the **Microsoft Form to register** your team or department's interest.
Places are limited, so early registration is encouraged.