



## **NHS and Third Sector Staff & Volunteer Wellbeing Workshop**

Resilience can be an important part of how we cope with difficulties. In this two-hour peer support workshop facilitated by Leeds Mind, you can explore:

- Explore what resilience is
- How resilient you are
- Understand the resilience reservoir

Open to NHS, voluntary sector and social care staff and volunteers.

**Tuesday 24<sup>th</sup> January 2023  
1pm - 3pm**

To book please email  
[bdcccg.wyh.mentalwellbeinghub@nhs.net](mailto:bdcccg.wyh.mentalwellbeinghub@nhs.net)

**N.B spaces are limited.**  
Where sessions reach capacity we will operate a waiting list and spaces will be offered when available.

The workshop will be delivered online via Zoom.

 **mind Leeds**



## **NHS and Third Sector Staff & Volunteer Wellbeing Workshop**

**Tuesday 14<sup>th</sup> February 2023**

**10-12pm**

**We can all experience problems with sleep at different points in our life. In this two-hour peer support workshop facilitated by Leeds Mind, you can explore:**

**How sleep problems affect you**

**What helps you to improve your sleep**

**Explore breathing techniques for improving sleep**

**Open to NHS, voluntary sector and social care staff and volunteers.**

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## **NHS and Third Sector Staff & Volunteer Wellbeing Workshop**

**Tuesday 21<sup>st</sup> March 2023  
1:00pm – 3:00pm**

**Stress is a normal part of life, but too much can impact on our wellbeing. In this two hour peer support workshop facilitated by Leeds Mind, you can explore:**

- What stress and burnout is**
- Your signs and symptoms**
- The impact on your life**
- Practical ways to manage and reduce stress**

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