



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

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

- **How sleep problems affect you**
- **What can help improve your sleep**
- **Breathing techniques for improving sleep**

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

**Tues 2<sup>nd</sup> March 2022**

**11:00am – 1:00pm**

**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 Teams.**

 **mind Leeds**



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

**Thurs 10<sup>th</sup> March 2022  
10am - 12pm**

**Confidence is important to our mental health but it can be a difficult topic for us. In this two hour peer support workshop facilitated by Leeds Mind, you can explore:**

- What confidence means to you**
- What gets in the way of your confidence**
- Learn what helps to build and maintain your confidence**

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

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

**Tues 22<sup>nd</sup> March 2022  
10am - 12pm**

**Being able to manage change is important, but this can be a difficult thing to do. In this two hour peer support workshop facilitated by Leeds Mind, you can explore;**

- How you feel about changes in your life**
- What helps you cope with change**
- A change you want to make and how you can go about it**

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

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

**Tues 29<sup>th</sup> March 2022  
2pm - 4pm**

**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 it**
- **Your signs and symptoms**
- **The impact on your life**
- **Practical ways to manage and reduce it**

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

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

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