



Wellbeing Webinars: Looking After TEAMUHCW

As part of our health and wellbeing restoration programme, we have organised a number of webinars to support and enhance your physical and emotional wellbeing. These bespoke sessions have been designed and are being facilitated by Dr Sarah Hattam, Concilio Health.

Workshop	Date	Time
Between the Sheets: How to promote good sleep	Wed 5 th May 2021	18:00 – 19:00
The F-Word: Tips to prevent fatigue	Fri 7 th May 2021	10:30 – 11:30
Stress Management: Practical strategies to manage stress	Thurs 13 th May 2021	14:30 – 15:30
Mind Matters: A mental resilience toolkit	Fri 21 st May 2021	10:30 – 11:30
The Paradox of Productivity: Recognising burnout and harnessing performance	Tues 25 th May 2021	18:00 – 19:00
Mindfulness: What it is and how to incorporate it into your working day	Wed 9 th June 2021	14:30 – 15:30
Understanding Anxiety: Tips to manage and control anxiety	Fri 25 th June 2021	10:30 – 11:30

You will need access to Microsoft Teams and a device with a camera/speakers to join. For further information or to register your place please email

healthandwellbeing@uhcw.nhs.uk

If you are unable to make any of the workshops this time around, don't worry there will be 3 more opportunities for you to attend. Keep a lookout on TrustNav for further dates!