Staying Well During Lockdown March - 10th - 2.00-3.30

We are now in our third lockdown and patience and morale are stretched.  This workshop will give you tools and tips to stay well, positive, focussed and connected.

* How to stay positive and motivated
* What is mental health and how to boost your mental health
* Signs of 'over stress' and solutions
* Developing a daily routine that makes you feel good
* Where to go and what do when you need support
* How to be there for others but now not to let them get you down
* How to manage added pressures (e.g. home schooling, looking after at risk relatives, other life challenges that have arisen through COVID) whilst WFH
* How to deal with isolation
* How to promote wellness in your organization - tips and best practices for staff and managers
* Bringing it all together - Personal Action Plan