

Wellbeing Sessions - What's on October-December 2022

To register for any of the sessions below, please log on to Turas Learn system, <https://learn.nes.nhs.scot>, type We Care into the learn search bar, click on We Care, then click on the session, then scroll to the bottom and register. Please see attached.

Date and Time	Wellbeing Sessions
13 Oct: 08.00-08.30	Guided Journaling
14 Oct: 13.00-14.30	Focus on your Finances
18 Oct: 10.00-11.30	Recovery in Mental Health
18 Oct: 17.00-17.30	Guided Journaling
20 Oct: 08.00-08.30	Guided Journaling
24 Oct: 14.00-15.00	Stress Awareness
25 Oct: 17.00-17.30	Guided Journaling
25 Oct: 16.00-17.00	Spaces for Listening
27 Oct: 08.00-08.30	Guided Journaling
27 Oct: 10.00-11.15	Relaxation Workshop
31 Oct: 16.00-17.00	Spaces for Listening
01 Nov: 14.00-16.00	Promoting Resilience
01 Nov: 17.00-17.30	Guided Journaling
02 Nov: 13.45-16.00	Menopause Awareness in the Workplace
03 Nov: 08.00-08.30	Guided Journaling
04 Nov: 10.00-11.30	Focus on your Finances
07 Nov: 14.00-15.30	Recovery in Mental Health
08 Nov: 15.30-16.30	Spaces for Listening
08 Nov: 17.00-17.30	Guided Journaling
10 Nov: 09.45-12.00	Psychological Safety
10 Nov: 10.00-11.30	Stress Awareness
14 Nov: 14.00-15.15	Relaxation Workshop
15 Nov: 17.00-17.30	Guided Journaling
17 Nov: 08.00-08.30	Guided Journaling
17 Nov: 14.30-15.30	Spaces for Listening
18 Nov: 08.00-08.30	Guided Journaling
20 Nov: 10.00-11.30	Recovery in Mental Health
22 Nov: 17.00-17.30	Guided Journaling
23 Nov: 13.45-16.00	Psychological Safety
24 Nov: 08.00-08.30	Guided Journaling
24 Nov: 12.00-13.00	Spaces for Listening
31 Nov: 16.00-17.00	Spaces for Listening
01 Dec: 08.00-08.30	Guided Journaling
01 Dec: 13.45-16.00	Menopause Awareness in the Workplace
02 Dec: 10.00-11.30	Focus on your Finances
06 Dec: 09.45-12.00	Psychological Safety
06 Dec: 17.00-17.30	Guided Journaling
08 Dec: 08.00-08.30	Guided Journaling
12 Dec: 10.00-12.00	Promoting Resilience
13 Dec: 14.00-15.00	Stress Awareness
13 Dec: 17.00-17.30	Guided Journaling
14 Dec: 09.45-12.00	Menopause Awareness in the Workplace
15 Dec: 08.00-08.30	Guided Journaling
15 Dec: 10.00-11.15	Relaxation Workshop
15 Dec: 13.45-16.00	Psychological Safety
15 Dec: 13.45-16.00	Psychological Safety
20 Dec: 10.00-11.30	Recovery in Mental Health
22 Dec: 08.00-08.30	Guided Journaling

