

# talking wellness



## Online training sessions

Join *talking wellness* for one of our online training sessions to learn more about the importance of mental health wellbeing.

All events can be booked via the bookwhen system at  
<https://bookwhen.com/kentandmedway>

Date	Time	Topic	Description
<b>Tuesday 21st March</b>	1.00 pm to 2.30pm	Managing anxiety	<b>Learn more about:</b> Anxiety and what causes it How anxiety has been impacted by the pandemic Ways of reducing the physical symptoms, and altering the thought processes, related to anxiety Where to get help and source useful self-help exercises
<b>Tuesday 28<sup>th</sup> March</b>	11.00 am to 12.30pm	Managing low mood and depression	<b>Learn more about:</b> Depression and what causes it How mood has been impacted by the pandemic How to recognise the signs and symptoms of depression Depressive thinking patterns, self-help strategies, treatments available and where to get help
<b>Tuesday 4<sup>th</sup> April</b>	10.00 am to 11.30am	Sleep and wellbeing	<b>Learn more about:</b> Sleep and the impact of sleep on wellbeing Why we need sleep Practical things we can do to help change our sleeping habits Tips for when you can't sleep How COVID has impacted sleep
<b>Tuesday 18<sup>th</sup> April</b>	1.30pm to 3.00 pm	Maintaining wellbeing whilst working from home/hybrid working	<b>This session will cover:</b> What is hybrid working? The benefits and challenges of hybrid working Reducing loneliness and isolation Maintaining work/life balance Setting and implementing healthy boundaries Tools and tips for improving wellbeing whilst hybrid working/working from home
<b>Tuesday 25<sup>th</sup> April</b>	10.00 am to 11.30pm	Thinking of leaving care	<b>A session that offers:</b> A reflective space to discover how we relate to ourselves and others can sometimes help, or hinder, wellbeing at work. During this session we will explore in more detail the relationships we have with the wider systems around us. Whether it's a space to think, and find out how you feel about your own work, or learning more about how you support others as part of your role, all are welcome to join the session.