



Health Improvement Advisor

Bookable Workshops Request Form

Your Wellbeing Team are available to provide support to your department with a range of activities and workshops listed below:

Bookable Workshop	Optional time range
Wellbeing Service Overview	15-60mins
Sleep Workshop	30-60mins
Relaxation and Breathing	10-30mins
Coping with Stress	30-60mins
Happy Minds and Positivity	30-60mins
Self-Care Toolbox	20-30mins
Stress Release	20-30mins
Information Stand	Available for Day
Posture, Muscle and Bone Health	30-60mins
Food and Mood	60mins
Physical Activity Taster: Dance Based Yoga Seated Exercise Shoulder Health Mobility and Stretch Back Care / Posture	15mins each

To book Your Wellbeing Team please

[complete this short form [Request a site visit booking form \(smartsheet.eu\)](#) or if you have any issues, please email: ddlmc.thehubplus@nhs.net]



Workshop Descriptions

Wellbeing Services Overview An overview of all of the support available to colleagues through the Health and Wellbeing Services- covering all aspects of what's available. Including the current timetable of opportunities and workshops.

Relaxation and Breathing A session dedicated to helping you feel relaxed where we will take you through a guided relaxation and show you ways that you can implement calming breathing techniques to promote a more relaxed mind.

Coping with Stress Our stress awareness talk will educate you on what causes stress and the ways we can overcome it. We will take you through some useful tools you can use to help overcome the symptoms of stress. Option to add a short 10 min relaxation available.

Wellbeing Information Stand Members of the Health and Wellbeing team will come to your department and have a stand of useful information and will be able to answer any questions and offer advice to colleagues.

Sleep Workshop A presentation where you can learn about the importance of quality sleep, the things that can impact it and useful ways to improve yours.

Happy Minds and Positivity Workshop Is your glass half empty or half full? Positive thinking helps with stress management and can even improve your health. Learn habits of healthy, positive thinking, build resilience and productive mindset.

Self-Care Toolbox A time just for you. 30-40minute session to explore different self-care tools and relaxation techniques.

Physical Activity Taster A short taste of exercise to help boost energy levels, try something new and promote physical health. All sessions offer modifications to suit all abilities. *Health Commitment Statement required to complete prior to session starting. Option to increase time to suit events.*

Posture, Muscle and Bone Health What is posture, and how does it affect our quality of life? Learn about everyday habits that affect our posture, and what we can do to improve it.

Mindfulness Practices Your mind can affect your body and your body can influence your mind. Strengthening connection between the two (mind-body connection) may benefit all areas of your life: it can help reduce stress, promote better sleep, and may even help you better regulate your emotions. These sessions include Breathing Techniques, Seated Yoga, Stretches, Relaxation, Meditation.

Food and Mood Learn about how the foods we consume can influence the quality of our physical health, emotional health, and mental health. What is the difference between eating, and nourishing?