

SAVE THE DATE

9th November 2017

Health and Wellbeing Development Training Day

Stress Awareness and Management Workshop

10:30 – 15:30

Inveraray

Learning Outcomes:

- Be more aware of attitudes and perceptions to mental health
- Have an increased knowledge of the most common mental health problems that affect people
- Understand the links between pressure, stress and performance and health
- Recognise the effects of stress on physical as well as mental wellbeing
- Have a greater understanding of how to recognise and manage stress related behaviours
- Be aware of your own levels of stress and understand how to build personal resilience

Places for the day are limited and must be booked.

To register your interest please send us an email with:

Your name, post title, organisation, contact number, and if you any have access needs or dietary needs by the 20th of October.

You will then be notified on the 23rd of October if you have a place and details of the venue. Refreshments and lunch will be provided.

All emails to High-UHB.ABHealthImprovement@nhs.net

If you are unable to email and need to phone to register your interest please phone Lynsey on 01546605626.

Don't forget to like us on facebook to keep up to date with any events or updates from the Public Health Team and the Health and Wellbeing networks.

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