

# Are you struggling with managing your stress during this time of uncertainty? You're not alone.



The Coronavirus (COVID-19) outbreak means that life is changing for all of us for a while. To help you keep on top of your mental health and wellbeing, we are now offering free online workshops accessible to everyone.



The workshop will cover tips and advice about ways of using Mindfulness Practice to help you in managing your stress.

## Free NHS online workshops

**Topic:** Coronavirus (COVID-19): Stress Management and Mindfulness Practice

**Date:** Wednesday 13<sup>th</sup> May 2020

**Time:** 11:00am – 12:10pm

For more information and how to access the workshops please email [marjan.farsani@nhs.net](mailto:marjan.farsani@nhs.net)



**LET'S TALK**

TALKING YOUR WAY TO  
BETTER MENTAL HEALTH

