

# SUPPORTING YOU THROUGH THE CORONAVIRUS PANDEMIC

THE WELLBEING SERVICE ARE OFFERING FREE ONLINE WEBINARS

## Online Everyday Wellbeing with Coronavirus Support

The session will cover various hints and tips to help us look after our understandable worries, stress and low mood during what is a particularly challenging time in all our lives.

Monday and Thursday

## Online Improving your Sleep

During these challenging times, it's natural to be having difficulty getting to sleep, staying asleep and/or getting the quality of sleep we need.

Tuesday

## Online Coronavirus & working from home / in isolation

Facilitated by our specialist Wellbeing Employment Advisers, this live webinar is designed to help you to start thinking about how you can work from home effectively during the ongoing Coronavirus pandemic.

Tuesday

## Online Coronavirus & not being in work

We aim to show you the benefits of carrying on with job preparation, training and education, while being aware of current employment resources and support available.

Thursday

## Online Introduction to Mindfulness

Techniques of mindfulness aim to help you to reconnect with your body, your mind and your environment. They teach you to focus on the present moment rather than being concerned with the past or worrying about the future.

Tuesday

## Online Healthy Couple Relationships

Join our Relate Relationship Counsellors for a session on how we can keep our relationship healthy during the COVID-19 Pandemic.

Friday

## Online Healthy Family Relationships

Join our Relate Relationship Counsellors for a session on how we can keep our family relationships healthy during the COVID-19 Pandemic.

Friday

## Mindful Living

We are running a Mindful Living course for those who would like to bring mindfulness into their lives. It is a self-directed programme that you can do from the comfort of your home.

For more details, please visit:  
[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)