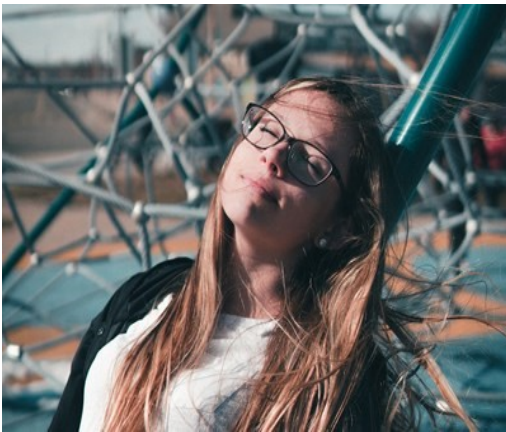




YOUR HEALTH AND WELLBEING

get active | health support | smoking | mental health
alcohol and drugs | cancer | healthy eating and weight management

Let's get together and take some well-deserved time out for our wellbeing with our latest offering of digital wellbeing classes and taster sessions delivered in partnership with Glasgow city-based wellbeing and counselling service - Lifelink



The Art of Relaxing

17 September 2021, 2pm - 4pm, MS Teams

If you often find it difficult to relax, you are not alone. Many of us have forgotten how to truly switch off and unwind in this busy, always-on digital world. Mark O'Hare from Lifelink will demonstrate simple techniques to help you relax effectively. This will include some mindfulness practices to help bring your attention to what you want to focus on and help you to become comfortable with your own inner thoughts and feelings. [Register here.](#)



Improving Motivation (Taster Session)

13 October 2021, 10am - 11am, MS Teams

Are you finding it hard to get started or lack the motivation to finish something you want or need to do? In this taster session Mark O'Hare from Lifelink will help us develop a better understanding of motivation, setting achievable goals, managing unhelpful thoughts and feelings, and ways of getting support when we need it. He will take us through some practical strategies for maintaining our motivation in the longer term. [Register here.](#)



Returning to the Workplace post-Covid

18 October 2021, 2pm to 3.30pm, MS Teams

Explore a range of anxieties / wellbeing concerns that could be associated with returning to the workplace post-covid via relatable examples. Support individuals to identify their own anxieties / concerns associated with their personal return to work. Cover a range of strategies and techniques that could help individuals address their anxieties / concerns. Encourage individuals to think about how they can support each other during the return to workplace phase. **To register email** YourHealthandWellbeing@glasgow.gov.uk



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Re-assess Your Stress

3 November, 10am - 12 noon, MS Teams

Do you struggle with worry, stress and anxiety? These are natural responses to pressures in life and can help us feel more alert and able to perform better in certain situations. However, if experienced for a prolonged period, they can have a negative impact on our health and wellbeing if not managed. Mark O'Hare from Lifelink, will help us identify and understand the causes behind feelings of stress and learn some strategies to reduce the impact of stress on our day to day lives. [Register here](#).



Returning to the Workplace post-Covid

8 November 2021, 2pm to 3.30pm, MS Teams

Explore a range of anxieties / wellbeing concerns that could be associate with returning to the workplace post-covid via relatable examples. Support individuals to identify their own anxieties / concerns associated with their personal return to work. Cover a range of strategies and techniques that could help individuals address their anxieties / concerns. Encourage individuals to think about how they can support each other during the return to workplace phase. **To register email** YourHealthandWellbeing@glasgow.gov.uk



Returning to the Workplace post-Covid

15 November 2021, 2pm to 3.30pm, MS Teams

Explore a range of anxieties / wellbeing concerns that could be associate with returning to the workplace post-covid via relatable examples. Support individuals to identify their own anxieties / concerns associated with their personal return to work. Cover a range of strategies and techniques that could help individuals address their anxieties / concerns. Encourage individuals to think about how they can support each other during the return to workplace phase. **To register email** YourHealthandWellbeing@glasgow.gov.uk



Covid-19 Renewal Programme

YOUR HEALTH AND WELLBEING

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Returning to the Workplace post-Covid

25 November 2021, 2pm to 3.30pm, MS Teams

Explore a range of anxieties / wellbeing concerns that could be associated with returning to the workplace post-covid via relatable examples. Support individuals to identify their own anxieties / concerns associated with their personal return to work. Cover a range of strategies and techniques that could help individuals address their anxieties / concerns. Encourage individuals to think about how they can support each other during the return to workplace phase. **To register email**

YourHealthandWellbeing@glasgow.gov.uk



Boosting Self-esteem (Taster Session)

10 December, 10am - 11am, MS Teams

Can't shake the feeling that you're not good enough, or do you find yourself worrying about what others think of you? You could be suffering from low self-esteem. You may find that this is having a negative impact on your mental health and your day to day life. This taster session led by Mark O'Hare from Lifelink will help you understand how self-esteem is maintained and teach you techniques that can be used to break the cycle of low self-esteem.

[Register here.](#)



Improving Motivation

19 January, 10am - 12 noon

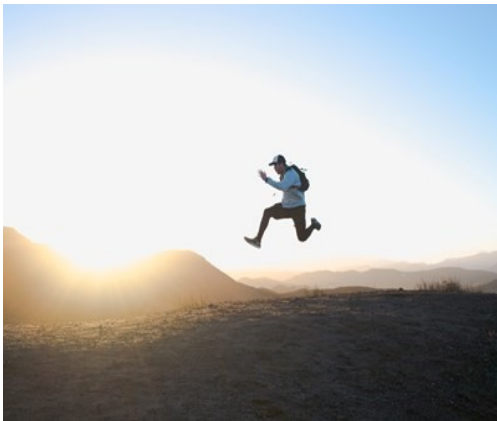
Are you finding it hard to get started or lack the motivation to finish something you want or need to do? Mark O'Hare from Lifelink will help us develop a better understanding of motivation, setting achievable goals, managing unhelpful thoughts and feelings, and ways of getting support when we need it. He will take us through some practical strategies for maintaining our motivation in the longer term.

[Register here.](#)



YOUR HEALTH AND WELLBEING

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Building Confidence (Taster Session)

28 January, 2pm - 3pm

Confidence plays a vital role in our professional and personal lives. It affects our choices, our behaviours and how we are perceived by others. In this taster session Mark O'Hare from Lifelink will help you gain a better understanding of what affects and drives our levels of confidence and develop strategies to help build confidence or overcome barriers.

[Register here.](#)

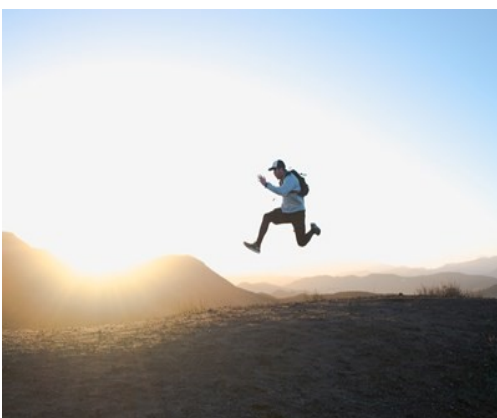


Boosting Self-esteem

10 February 2022, 10am - 12 noon

Can't shake the feeling that you're not good enough, or do you find yourself worrying about what others think of you? You could be suffering from low self-esteem. You may find that this is having a negative impact on your mental health and your day to day life. Mark O'Hare from Lifelink will help you understand how self-esteem is maintained and teach you techniques that can be used to break the cycle of low self-esteem.

[Register here.](#)



Building Confidence

21 March 2022, 2pm - 4pm

Confidence plays a vital role in our professional and personal lives. It affects our choices, our behaviours and how we are perceived by others. In this class Mark O'Hare from Lifelink will help you gain a better understanding of what affects and drives our levels of confidence and develop strategies to help build confidence or overcome barriers.

[Register here.](#)