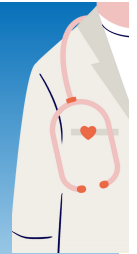




Wellbeing events for Leeds health & care staff



Jan 24 update

FREE wellbeing events for staff who work in the NHS, local government, primary care, independent care providers, the third sector or education settings in Leeds.

Leeds Recovery College provides free workshops, courses, and training to explore, improve and maintain our mental health and wellbeing.

Prior booking is essential and for more information, please visit: leedsrecoverycollege.com, for course enquiries and bookings please email via your work email to: Leedsrecoverycollege.lypft@nhs.net or call **0113 855 5127**.



Sound relaxation sessions (1 hour sound experience)

If you find switching off or being able to 'fully' relax difficult, this could be something to try.

A sound relaxation using frame drum, ocean drum, Himalayan singing bowls, crystal bowls, gongs and various percussion instruments. Get comfortable and warm on your mat (provided); bring enough layers, a blanket and a pillow, whatever you need to lie down for about 50 minutes. Close your eyes and relax whilst the gentle vibrations of sound wash over you, immersing you in positive energy. (Please see our website for further details).

- Thurs 25th Jan 2 - 3pm, Jamyang Buddhist Centre Leeds (Holbeck)
- Tue 20th Feb 10:30 - 11:30am, Jamyang Buddhist Centre Leeds (Holbeck)
- Thurs 21st Mar 2 - 3pm, Jamyang Buddhist Centre Leeds (Holbeck)
- Fri 26th Apr 2 - 3pm, Jamyang Buddhist Centre Leeds (Holbeck)
- Tue 21st May 10:30 - 11:30am, Jamyang Buddhist Centre Leeds (Holbeck)



Our Jan - Apr 24 **workshops and retreats** include lunch, refreshments and take home resources:

Introduction to the four agreements: Our critical self, wellbeing retreat

Exploring the unhelpful agreements that we make, and our critical self- in this workshop we'll be exploring some of the themes from 'The Four Agreements' by Don Miguel Ruiz a book was first published in 1997 and with an endorsement from Oprah Winfrey, it soon sold millions of copies in the US, was translated into 46 languages, and was a mainstay on the New York Times bestseller list for over a decade.

- **Fri 23rd Feb, 10am - 4pm**, Jamyang Buddhist Centre Leeds (Holbeck)

Self-compassion, wellbeing retreat

Many of us find that we have compassion for others but struggle to have compassion for ourselves. We struggle to offer ourselves kindness and understanding when we make a mistake or when things don't go to plan. *Do you offer the same understanding to yourself, as you would do to a good friend?* This course explores what self-compassion is, the importance of it and how you can practice more self-compassion for yourself.

- **Wed 20th Mar, 10am - 4pm**, Northlight Arts Centre (Chaple Allerton)

Know your values, wellbeing retreat

Values are the things that we believe are important to the way in which we live and work, helping to determine our priorities and are likely to be the internal measures we use, to tell if things are turning out the way we want them to go. When the things we do, and the way in which we do them match our values, we are likely to feel good about things, but sticking to what is important to us, and what we value can be hard. This retreat gives space to think about what your values are, and consider how you might move closer towards what you value.

- **Wed 17th Apr 10am - 4pm**, Northlight Arts Centre (Chaple Allerton)

Creating healthy boundaries, wellbeing retreat

Our personal boundaries aren't as obvious as a fence or a giant 'no trespassing sign' and are often harder to identify and define. We may only realise we have them, when we get that uneasy and uncomfortable feeling that one of our boundaries gets crossed. This retreat provides an opportunity to think about what your boundaries are, and how to create and maintain healthy boundaries.

- **Wed 15th May 10am - 4pm**, Northlight Arts Centre (Chaple Allerton)

Choosing happiness and self care, wellbeing retreat

Ever feel like your doing one step forward, two steps back..? If we're not rushing, pushing, striving, doing or busting a gut, then we darned well feel guilty. As though we're not doing enough or being enough. Feeling frazzled at the end of the day, as though we're flailing and failing, aren't things to aspire to.

- **Wed 19th Jun 10am - 4pm**, Northlight Arts Centre (Chaple Allerton)

2-Day WRAP for health and care staff (Wellness Recovery Action Plan®)

Wellness Recovery Action Plan® or WRAP is a plan that you develop for yourself and helps you think about living well. WRAP is used world-wide by people who are dealing with all kinds of health and life challenges. The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

- **Fri 2nd and Mon 5th Feb 9:30am - 4:30pm**, Quaker Meeting House (Leeds centre)
- **Wed 27th and Thurs 28th Mar 9:30 - 4:30pm**, Jamyang Buddhist Centre Leeds (Holbeck)

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