



Southern Trust Recovery College

Wellbeing education for everyone

Upcoming Courses

Course Title	Date/s	Time	Venue
<p>Building a Healthy Self-Esteem</p> <p>This course will empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • What is self-esteem • What affects our self-esteem? • Practical ways to build our self-esteem. 	20 th November	10 am – 12 noon	Online via Microsoft Teams
<p>Self-Care for Carers</p> <p>1:8 people can be described as carers. This course aims to explore what it means to be a carer and explores the importance of self-care.</p> <p>Topics covered are:</p> <ul style="list-style-type: none"> • Feelings associated with the caring role • Understanding emotions • The importance of taking care of you • Simple self-care strategies and supports available 	21 st November	10 am – 12 noon	Online via Microsoft Teams

Course Title	Date/s	Time	Venue
<p data-bbox="68 174 395 210">Coping with Christmas</p> <p data-bbox="68 248 647 427">Christmas can be a stressful time for many of us. The aim of this workshop is to gift you with hints on how to manage and maintain your wellness up to and over the festive season.</p> <p data-bbox="68 465 376 501">Topics covered are:</p> <ul data-bbox="118 506 639 734" style="list-style-type: none"> • Managing our own and others' expectations • Balance • Food and drink • The importance of sleep • Creating opportunities for activity 	<p data-bbox="695 174 847 241">27th November</p>	<p data-bbox="887 174 1023 241">10 am – 12 noon</p>	<p data-bbox="1056 174 1453 210">Online via Microsoft Teams</p>
<p data-bbox="68 777 491 813">Getting a Good Night's Sleep</p> <p data-bbox="68 851 603 992">Poor sleep can affect our health and wellbeing. This course will teach you various strategies to help you have a good night's sleep.</p> <p data-bbox="68 1030 440 1066">Topics covered include:</p> <ul data-bbox="118 1070 627 1335" style="list-style-type: none"> • Understand why sleep is important. • Describe the sleep cycle. • Recognise barriers to getting a good sleep. • Identify and implement tips for a good night's sleep. 	<p data-bbox="695 777 847 844">28th November</p>	<p data-bbox="887 777 1023 844">10 am – 12 noon</p>	<p data-bbox="1056 777 1401 844">Zest Conference Room, Bannvale Site, Gilford</p>
<p data-bbox="68 1373 328 1408">Wellness Toolbox</p> <p data-bbox="68 1447 584 1514">This course explores the theme of 'wellness' and what it means to you.</p> <p data-bbox="68 1552 376 1588">Topics covered are:</p> <ul data-bbox="118 1592 643 1888" style="list-style-type: none"> • What am I like when I am well? • Recognising and identifying what wellness tools that work best for you • Explore other potential wellness activities • Developing your own 'Wellness Toolbox' 	<p data-bbox="695 1373 847 1440">4th December</p>	<p data-bbox="887 1373 1023 1440">10 am – 12 noon</p>	<p data-bbox="1056 1373 1453 1408">Online via Microsoft Teams</p>

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<p data-bbox="68 777 395 813">Coping with Christmas</p> <p data-bbox="68 851 647 1030">Christmas can be a stressful time for many of us. The aim of this workshop is to gift you with hints on how to manage and maintain your wellness up to and over the festive season.</p> <p data-bbox="68 1068 376 1104">Topics covered are:</p> <ul data-bbox="118 1108 638 1337" style="list-style-type: none"> • Managing our own and others' expectations • Balance • Food and drink • The importance of sleep • Creating opportunities for activity 	<p data-bbox="695 777 847 844">10th December</p>	<p data-bbox="887 777 1023 844">10 am – 1 pm</p>	<p data-bbox="1054 777 1401 844">Zest Conference Room, Bannvale Site, Gilford</p>
<p data-bbox="68 1379 360 1415">Practising Self-Care</p> <p data-bbox="68 1453 663 1556">This course explores the culture of self-care; its value and benefits; and suggests how to incorporate it into your daily life.</p> <p data-bbox="68 1594 376 1630">Topics covered are:</p> <ul data-bbox="118 1635 659 1818" style="list-style-type: none"> • What does self-care mean to you? • Understanding resilience • Tips and strategies in how to practice self-care that works for you. 	<p data-bbox="695 1379 847 1447">11th December</p>	<p data-bbox="887 1379 1023 1447">10 am – 12 noon</p>	<p data-bbox="1054 1379 1449 1415">Online via Microsoft Teams</p>

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<p>Coping with Christmas</p> <p>Christmas can be a stressful time for many of us. The aim of this workshop is to gift you with hints on how to manage and maintain your wellness up to and over the festive season.</p> <p>Topics covered are:</p> <ul style="list-style-type: none"> • Managing our own and others' expectations • Balance • Food and drink • The importance of sleep • Creating opportunities for activity 	12 th December	1.30-4.30 pm	Callan Room, St. Luke's Hospital, Armagh

To register your interest in any of the above courses please get in touch using the contact details below:

Tel: 02837561938

Email: Recovery.college@southerntrust.hscni.net

Alternatively you can use the below link to register your interest:

[Recovery College Register Form | Southern Health & Social Care Trust \(hscni.net\)](#)