

Managing Stress MOT

Be self-aware to give good care

It has been a really difficult year. As social care staff, it is very important that we look after our own mental health and wellbeing. Unfortunately, if we don't do this, we can get exhausted, stressed and worn out. A bit like a car which hasn't had a regular MOT.

'Managing Stress MOT' training helps you notice key areas of your life that you need to focus on in order to stay well both at home and at work.

As part of the training, you will learn how to:

- **Identify areas of your wellbeing that need attention**
- **Identify helpful ways of improving these areas**
- **Use this model to support colleagues**
- **Use this model to think about your team's wellbeing**

This training has been specially designed to benefit you, your colleagues & your workplace. You will receive a certificate to add to your CPD.

If you would like to book a place on the training please email peter@lcasforum.org and a Zoom link for the event will be sent via email.

For more information on accessing psychological support, health and wellbeing resources, visit the [Keeping Well North West London service website.](#)

Training dates and times:

- **15 June (10am-11am) and (1pm-2pm)**
- **17 June 1pm-2pm**
- **28 June (10am-11am) and (1pm-2pm)**

Further dates available

Please enquire

