

Managing Stress MOT

Be self-aware to give good care

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.

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 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:

- 23 November 11am-12.30pm
- 6 December 12pm-1.30pm
- 17 January & 26 January 10.30am-12pm
- 8 February 11am-12.30pm
- 17 February 12pm-1.30pm
- 21 February 11am-12.30pm
- 6 March 10am-11.30am
- 14 March 10am-11.30am
- 22 March 1pm-2.30pm

