

The New Normal

Work-based Wellbeing

Free Online Workshop

The Derbyshire Federation for Mental Health



WELLBEING IN A POST LOCKDOWN WORLD



As we begin to transition back to working life post lockdown, trying to find a new normal can understandably feel like a worrying and anxious time. Feelings of uncertainty, loss and apprehension affect our overall wellbeing and ability to feel safe within the workplace and indeed in all aspects of our lives. Topics such as the impacts of Covid -19 and tools to maintain wellbeing within the pandemic are covered within the workshop. Foundation Derbyshire have provided financial resources to aid our organisation in the delivery of these workshops in these difficult times. This workshop is approximately 2 hours in duration, via zoom.

To book a place on our next workshop please visit our Eventbrite page:

[www.eventbrite.com/o/derbyshire-federation-for-mental-health-](http://www.eventbrite.com/o/derbyshire-federation-for-mental-health-29631000175)

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or for more information please email us at:

thewellnessproject@dfmh.co.uk

