



Wellbeing courses for staff

THRIVING
at work

South Gloucestershire

www.southglos.gov.uk



South Gloucestershire
Council



Yoga

- Postures
- movement
- breathing
- concentration
- relaxation

Managing stress

Learn some new techniques and challenge our perspective on stress

Mindful meditation

- Concentration techniques
- relaxation
- breathing
- meditation

Take 5 for building emotional resilience

To increase our understanding of emotional resilience and techniques to improve it

Promoting positive mental health

Raising awareness of mental health, how to build resilience and wellbeing into our lives and access support and services when needed

📧 www.southglos.gov.uk/Thrive for info on all resources available.

If you are interested in taking any of these offers up please contact the South Gloucestershire mental health team by

email: ✉ mentalhealth@southglos.gov.uk

or call 📞 01454 864005