



EDUCATIONAL  
PSYCHOLOGY

# WELLBEING WEBINARS

For Bristol parents & carers

## ANXIETY

Exploring the way our minds can generate anxiety and how it can dominate our day. We'll look at different ways to relate to anxiety, leaving us with a bit more choice to pursue what matters to us.



## SELF-CARE

Many times our own self-care can slip way down our to-do lists. Here we'll explore the cultivation of a compassionate attitude towards ourselves and our wellbeing.

## NOTICING

We can spend up to 47% of our waking hours on autopilot – where our body is in one place and our mind is elsewhere. Here we'll explore and practice different ways to connect with the here and now for our well-being.



## ENGAGING, PRACTICAL SESSIONS WITH TAKEAWAY TECHNIQUES

Online bite-sized sessions with an experienced psychologist.  
Standalone sessions, attend any or all webinars.

*Click dates  
to book*

### ANXIETY

TUESDAY  
29TH JUNE  
12.30-1.30PM

### SELF-CARE

THURSDAY  
8TH JULY  
12.30-1.30PM

### NOTICING

TUESDAY  
13TH JULY  
12.30-1.30PM