

Health & Wellbeing

February 2023 Newsletter

Upcoming sessions during February



Healthy Minds

Developing Personal Resilience
Tuesday 7 February
9.30am - 11.00pm
 To register [click here](#)



This course aims to help individuals improve personal resilience by exploring patterns of thinking, default behaviours, and emotional reactions and offering practical techniques and challenge unhealthy thinking.

Wiring Positivity Into The Brain
Thursday 9 February
4.00pm - 5.30pm
 To register [click here](#)



In this session provided by Renowned Psychotherapist **Jan Montgomery** we will learn about the brain's natural negativity bias and learn how to redress the balance.

Hidden Harm Awareness for Education Professionals
Thursday 23 February
4.00pm - 7.00pm
 To register [click here](#)



This session is aimed at those working within a school or other educational setting who wish to become more aware of the impact of parental substance misuse/ parental mental ill health on young people.

Beat Procrastination and find your focus
Tuesday 28 February
4.00pm - 5.30pm
 For more information [click here](#)



Do you want to overcome procrastination and start getting things done? Inspire Workplaces will deliver a 1 hour interactive webinar exploring how you can plan your time and beat procrastination.



Financial Wellbeing

Healthy Nosh for Less Dosh
Tuesday 28 February
12 noon - 1.00pm
 To register [click here](#)



Good food needn't cost the earth. This session will focus on menu planning and healthy eating on a budget.



Healthy Bodies

Public Health Dietitians Pre Recorded Webinars
[click here](#)



The Public Health Dietitians Group in Northern Ireland have a vast resource of pre recorded Nutritional Webinars available to view at a time that suits you.

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Celebrating Success

Once again EA Staff in Schools and Services have made a difference by 'Giving Back' to those families within our communities most in need.

To read about our Christmas Family Appeal success [Click here](#)



Champion Profile

Our EA Health and Wellbeing Champions are employees who support wellbeing activities within their workplace to complement the overall Health and Wellbeing Strategy. They continue to support the EA's HealthWell programme and help their colleagues live happier, healthier, and more productive lives.

The role of a champion is to disseminate wellbeing information, signpost staff to wellbeing activities and resources and become a point of contact for colleagues wanting to know more about the HealthWell programme. Their role is to highlight local wellbeing priorities, providing suggestions and recommendations to the Health and Wellbeing team.

If you wish to know more about this network or want to get involved please email healthandwellbeing@eani.org.uk

[Click here](#) to see this month's Champion Louise Hunt.



Open Access Sessions

We have an array of open access sessions under the themes that are available to view and access at a time that is suitable to you.



[Financial Wellbeing](#)



[Healthy Bodies](#)



[Healthy Minds](#)



[Social Health](#)