



keepingwell

support for health and care staff

NHS

Stressed? Struggling with self-care? Anxious? Racing thoughts? We can help.

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.



Join our Mindfulness group with Peter Helmer, NHS experienced mindfulness practitioner to help you enjoy your life more and understand yourself better.

Mondays: 10am, 12pm (lunchtime 30 minute session) and 6pm

Thursdays: 12pm (lunchtime 30 minute session)

Fridays: 3pm

Sessions take place on Zoom: Meeting ID: **832 8721 1894** Passcode: **710832**

Peter is also available for team sessions and away days. If you are looking for wellbeing support email peter.helmer@nhs.net or keepingwell.nwl@nhs.net.

The Keeping Well (NWL) service provides free wellbeing and psychological to all health and social care staff (including volunteers and London Ambulance staff) in North West London.

For further help and support, visit www.keepingwellnwl.nhs.uk.