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**Wellbeing Week for our carers, family and friends**

**Monday 5th June to Thursday 8th June 2023**

At Oxford Health we recognise and value the carers, family and friends of our patients and during this year’s annual carers week we want to give something back for all the hard work you do all year round. We encourage you to take some time out for yourself and to remember that your wellbeing is just as important as the person you care for. We have a programme of FREE wellbeing related activities and carers of all ages are welcome. All activities will be held virtually (via Microsoft Teams/Zoom) and you will have to book your place.

If you would like to book onto an activity, please email; [icareyoucare@oxfordhealth.nhs.uk](mailto:icareyoucare@oxfordhealth.nhs.uk) or phone Di Hilson, Carers Lead on 07775816646 with the following details;. Full name/Contact telephone/your choice of activity/activities

Name and service of person you are caring for

Please respond at your earliest opportunity as places are limited.

**4 DAYS OF ACTIVITIES**

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| **Monday 5th June**  **2pm-3.30pm** | **Tuesday 6th June**  **10am-11.30am** | **Wednesday 7th June**  **11.00am – 12.30am** | **Thursday 8th June**  **10am – 11am** |
| **Five Ways to Wellbeing** | **Sleep and Wellbeing** | **Stressbusters** | **Meditation** |
| This workshop will offer an introduction to the evidence based Five Ways we can maintain our mental health and wellbeing. As a group we will consider which areas we are already doing well in, and which areas we would like to develop further. | This session explores what healthy sleep is, how sleep affects our wellbeing, and how to improve our sleep. As a group we will consider what helps and hinders healthy sleep and share some tips to try out.  This is an informal interactive workshop | Being a carer can be stressful at times. The aim of this session is to help carers think about strategies that will help. To effectively combat stress, you need to activate your body’s natural relaxation response.  Techniques such as the healing power of laughter, sleep hygiene and deep breathing & grounding exercises, provide a state of deep rest that puts the brakes on stress, slows your breathing and heart rate, lowers blood pressure, and brings your body and mind back into balance. | In today’s stressful world, meditation is no more a luxury, it is a necessity. The rest in meditation is deeper that the deepest sleep. When the mind becomes free from agitation, is calm and at peace, meditation happens. The benefits of meditation are manifold. A calm mind, good concentration, clarity of perception, improvement in communication, blossoming of skills and talents, an unshakeable strength, relaxation and rejuvenation are all natural results of meditating regularly. |