



Wellbeing Wednesday

THE MONTHLY NEWSLETTER



Believe it or not Summer is upon us & we already half way through 2024! Although we've not had much in the way of good weather yet this year I am hopeful that sunnier days are coming our way.

For those of you with children – school is nearly done for another year. Whilst this might mean your on the countdown to annual leave and family time, for others it can be a nightmare time of juggling work & childcare and 'parent guilt' is high.

In this months edition I will share some tips on
How to navigate the school holidays as a busy working parent

ALSO



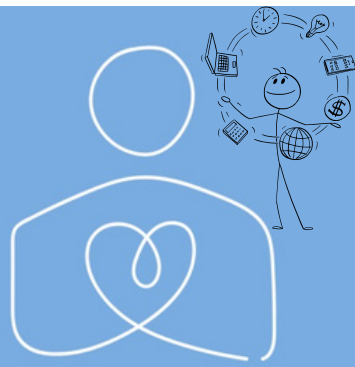
wellbeing event for surgery
admin & reception staff

Read more & register below



July 24 is...

INTERNATIONAL
SELF-CARE DAY



Which just happens to coincide with the start of the summer holidays. Here are my top tips for busy working parents trying to juggle it all this summer

Find a fun activity club for your children to attend. It'll keep them stimulated and you from feeling guilty

Delegate - teen's, grandparents, aunty & uncles all make great babysitters & would probably love to spend time with your children

Book some time off take advantage of spending some time doing fun stuff with your kids

Take time out for you whenever you get chance - evenings, lunchtimes. This can be a stressful time!

Try not to let parent guilt take over - remember you're doing the best job you can with the tools you have

If things feel too much talk to your manager there may be things they can do to help



Does your practice have anything to celebrate? I would love to hear about it

DID YOU KNOW...?

I have created a community broadcast channel on Whatsap so I can get information out to everyone without relying on the never ending cascade of emails? You can join that and be kept up to date by simply scanning this QR code



Wellbeing Workshop

For our hardworking admin / reception staff



The workshop will include;

- Discussion on the effect of verbal abuse on our frontline staff & ways to deal with it
- Chair yoga to alleviate aches, pains and tension
- A short meditation practice that can be used anywhere, anytime to reset your nervous system
- An optional mini treatment
- Tea, coffee, & cake

Date 1: Wednesday 18th September

Date 2: Wednesday 9th October

Time: 1pm onwards

Place: Serenity Space, 1 Kensington Rd,
Earsldon

[PLEASE CLICK HERE TO REGISTER YOUR INTEREST](#)

Or scan the QR Code

