



YOU ARE INVITED TO THE

RESILIENCE & MENTAL FITNESS FREE WEBINAR

Discover the impact that your **daily habits** are having on your **health** and **wellbeing**. Understand the difference between **mental illness** and **mental fitness** whilst learning **empowering actions** that can **improve your resilience**.

In this enlightening webinar you'll discover:

The biological impact
too much stress has
on your wellbeing

The difference
between internal,
external and acute
stressors

Mindfulness and how
to tailor it to your
lifestyle



Thursday 16 May 2024 at 2pm

[Click here](#) or scan the QR code to
register and join the live session.

In partnership with Staffordshire County Council