



MON 10th	TUE 11th	WED 12th	THU 13th	FRI 14th
<p>Managing Stress and Building Resilience through Uncertain Times</p> <p>11.00am - 12.00pm</p> <p>REGISTER</p>	<p>The Conservation Volunteers</p> <p>Join the Conservation Volunteers for an easy activity using resources from your own home</p> <p>Time and Date TBC</p>	<p>The Impact of Covid – Stress, Uncertainty and Ways to Cope</p> <p>10.00am - 11.00am</p> <p>REGISTER</p>	<p>Panel and Q&A - Nature & Your Mental Health</p> <p>11.00am – 12.00pm</p> <p>REGISTER</p>	<p>Winners of the MHAW 2021 Photo Competition Announced</p>
	<p>Yoga & Relaxation for Carers</p> <p>3.30pm – 4.00pm</p> <p>REGISTER</p>	<p>Mindfulness with Anne Costello</p> <p>10.00am - 11.00am</p>	<p>Twitter</p> <p>Check out @WellbeingQUB for some great resources on how you can connect with local nature!</p>	<p>Keep an eye out for more sessions from the Green at Queen’s Team</p>