



# Has Covid-19 turned life upside down?

## How do we cope with "the new normal"?

Come and practise things that can help us feel less stressed and overwhelmed

For people living in North West Edinburgh.

16 June: Breathing

23 June: Self-care and Habits

30 June: Resilience

7 July: Control and Boundaries

14 July: Thinking styles

21 July: Take notice

Sessions will be on Zoom from 1-2.30pm

For more information and to register: email Anna Chmiel at [Anna.Chmiel@health-in-mind.org.uk](mailto:Anna.Chmiel@health-in-mind.org.uk)

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