

International women's day

Celebrate International Women's Day with us!



To mark **International Women's Day**, Police Mutual is hosting a series of free wellbeing webinars focusing on the issues that commonly affect women's wellbeing.

The short practical sessions are designed to help you better understand and improve your wellbeing – both at work and at home.

Why Join?

- Practical wellbeing tools
- A better understanding of common challenges affecting women
- Supportive guidance in a confidential setting
- Time to focus on your wellbeing



Webinar Schedule

Tuesday 3rd March

10:00 – 10:45am - Self-Care – why self-care matters, how to recognise burnout, and simple ways to prioritise your wellbeing.

2.00 – 2.45pm - Healthy Eating – using food and hydration to support energy, mood and overall health.

3.15 – 4.00pm - Anxiety and Imposter Syndrome – understanding anxiety, overthinking and self-doubt and practical tools to manage them.

Thursday 5th March

9.15 – 10:00am - Sleep – why sleep matters, how poor sleep affects wellbeing and ways to improve sleep quality.

10.30 – 11.15am - Menopause – understanding menopause and perimenopause symptoms, changes and where to seek help.

3.00 – 3.45pm - Mental Health & Stress Management – recognising stress triggers, healthier coping strategies and building emotional resilience.

How to register

Sign up for one or more sessions using our quick **online form**. Places are complimentary – reserve your spot today!

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Scan or click here to book:



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