

# Share an hour on Resilience and Wellbeing for General Practice

**WHEN** Monday, April 26th 2021  
5:30 PM – 6:30 PM

**WHERE** Online

**COST** Free



Scan for [more information](#)  
and [registration details](#)

Do you feel stressed, fatigued, or overwhelmed? Do you think you may be heading towards burnout? What do you wish to change in your own health and wellbeing?

Join us for this one-hour webinar to find out about the principles of thriving, not surviving. Learn to identify the things you can control (hint: it's in your mind!). And find out about some useful tools to help increase your resilience, health and wellbeing.