



# Wellbeing for registered managers webinar

Thursday 15 October 2020 Resource Handout

Skills for Care support for registered managers

All our recorded registered manager webinars on a variety of topics, including this one, can be [found here](#).



### **Introduction to Mindfulness**

MindEd and Health Education England have developed this free online eLearning called an 'Introduction to mindfulness'. It explains what mindfulness is and how it can help you. It's free to access and you don't need to register.

<https://www.e-lfh.org.uk/programmes/introduction-to-mindfulness/>

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