

# Welcome

- Lines are automatically muted on entry to the webinar
- Please use the Q/A function throughout the webinar to ask questions and provide comments/input. No one else will see what you have written and we will take some time at different points of the webinar to respond.
- We are unlikely to be able to answer all questions, but your responses will help us tailor future webinars to suit your needs.
- This webinar will be recorded and we will share the recording, with the slides after the webinar to those who signed up for this webinar through Eventbrite.
- This is intended as an educational webinar and is not a substitute for a mental health or psychological intervention. If you feel like you need more immediate support or feel that you need **urgent** help for your mood, are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone. Don't struggle by yourself. The Samaritans are here to listen at any time of day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on **116 123**.
- You will find more information about getting further support at the end of this webinar.
- This webinar is being **recorded** and will be available for you along with the slides on the thrive.ln website.





**Healthy London  
Partnership**

# **Keeping Well for Health and Care Workers: *Managing Wellbeing***

Emily Gardner, Cognitive Behavioural Therapist, East London Foundation NHS Trust

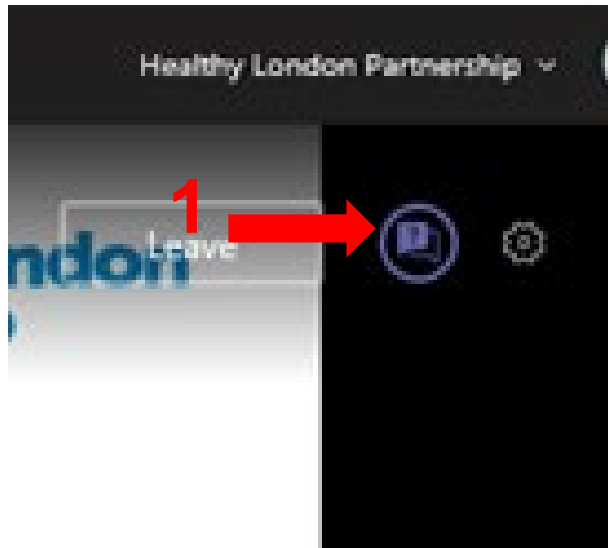
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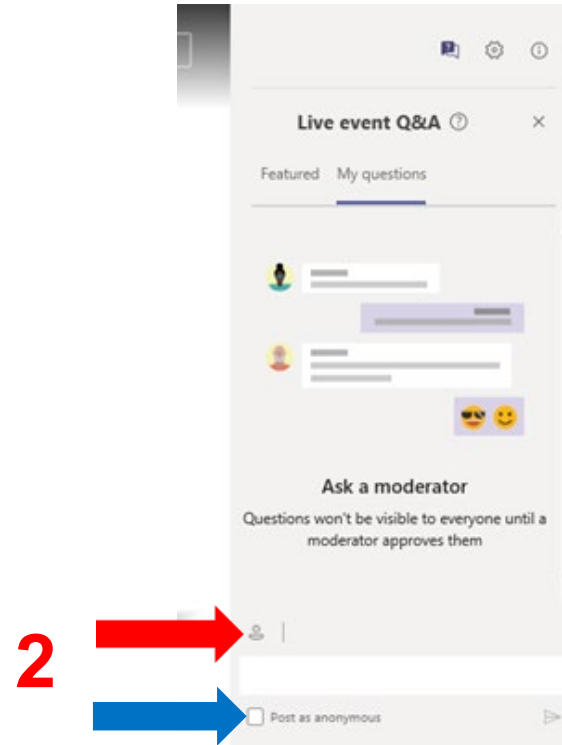
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London's NHS organisations include all of London's CCGs, NHS England and Health Education England

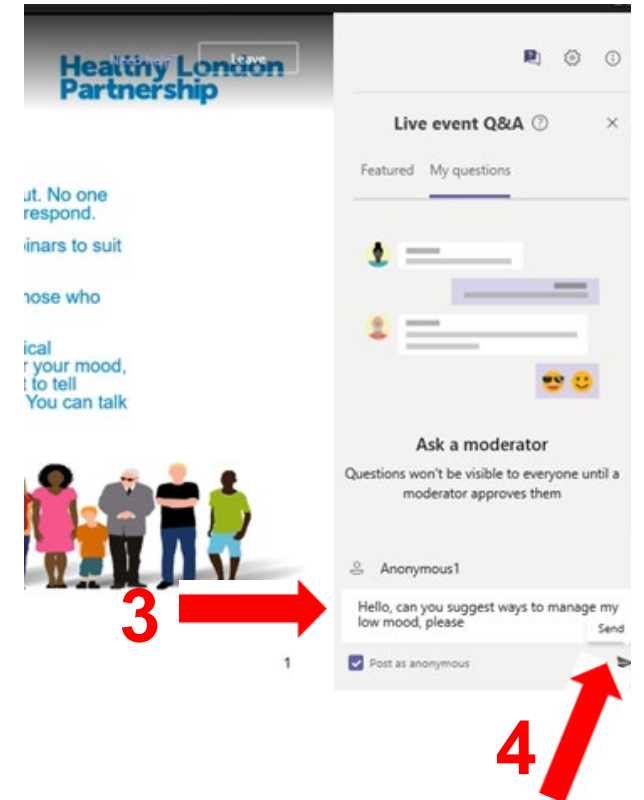
# How to use Q/A during webinar



1. Click on the box with the question mark for Q&A



2. Enter your name, or click on the small box by the blue arrow if you want to remain anonymous



3. Enter your question.  
4. Click on the arrow to send.



**Where do you work and what is your role?**

# Who is this Webinar for?

This webinar is intended for anyone in caring or health care settings.

- NHS Staff
- Care home or nursing home staff





**Where do you work and what is your role?**

# What are we offering?

- Right now we are all going through an incredibly difficult time, we have never been through anything like this before.
- We are offering a series of webinars to help you cope with the impact caused by the Coronavirus.
- The theme of these webinars will be different each week, focussing on the different ways that COVID-19 might be impacting your mental health.
- The first step will be understanding why your mood may be impacted followed by strategies and techniques to help manage the way you feel.





**What do you hope to get out of the Webinar?**



# What to expect



- This series of webinars is designed to provide you with a toolkit of **evidence-based resources, ideas and tools** to help you manage the next few days, weeks and months.
- The content of these webinars is based on Cognitive Behavioural Therapy which is a very effective treatment for depression and anxiety; which focusses on making changes to our thoughts and behaviour to improve our mood.

## Objective of this webinar

- Today we will look at two common vicious cycles that will feel particularly relevant at this time: A Boom and Bust Cycle and a Fear Cycle.
- We will then spend some time on a couple of ideas and tips to break into those vicious cycles and subsequently improve our mood.



**What do you hope to get out of the Webinar?**



**What challenges have you faced since  
COVID-19?**

# Challenges for Health and Care Workers

Increased workload

Limited health care resources e.g. PPE

Pressure to make difficult decisions

Exposure to distressing scenes

Living away from family/community

Working in a new unfamiliar team



**It's OK to not feel OK**

## If you need urgent support right now...

Don't struggle by yourself. The Samaritans are here to listen at any time of day or night. You can talk to them about anything that's troubling you, no matter how difficult. Call free on **116 123**.

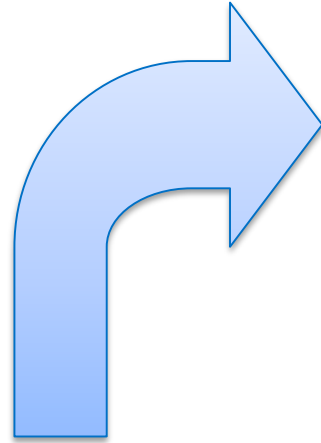
Samaritans and NHS, are working in partnership offering a wellbeing support line for NHS and social workers, available 7am-11pm , 7 days a week to help them look after themselves, so they can continue to help look after others. Call free **0300 131 7000**



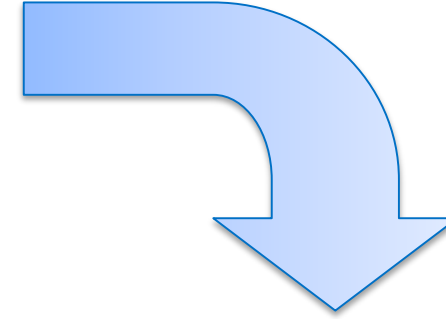
**What challenges have you faced since  
COVID-19?**



# Boom & Bust Cycle

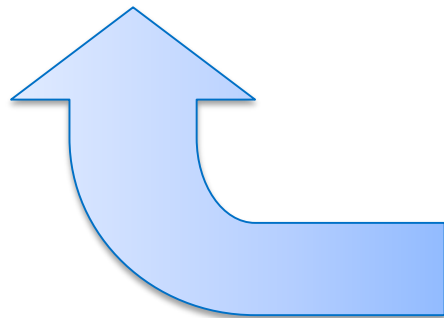


**BUST**  
Low Mood:  
Reduced Activity

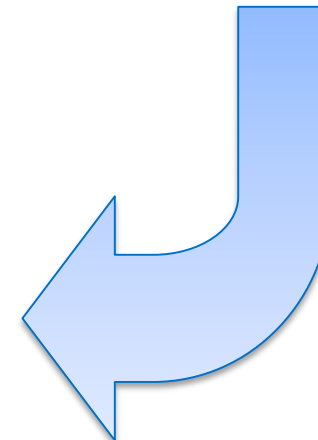


Feel guilty, pressures  
building, want to get  
better/back to  
normal right now

Feel exhausted or  
don't meet targets



**BOOM**  
Set high targets  
– do too much

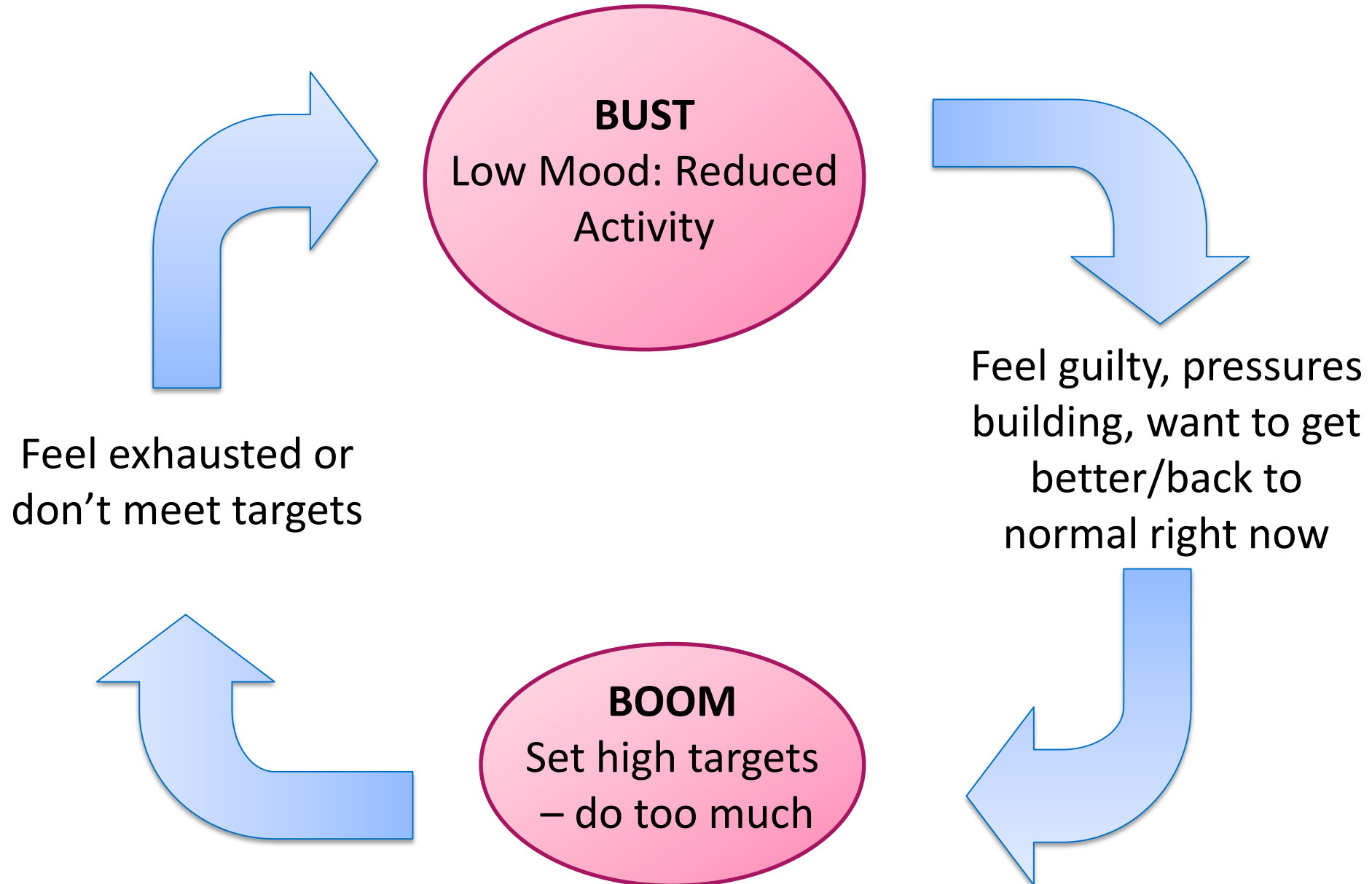


- Over time we may start to feel overwhelmed by the pressures we are under,
- On our bad days we may notice our mood becoming lower.
- We might start to cut out things in our life that we would usually do
- Avoiding these things provides short term relief
- Longer term, not doing these things reduces our opportunities for pleasure and achievement.

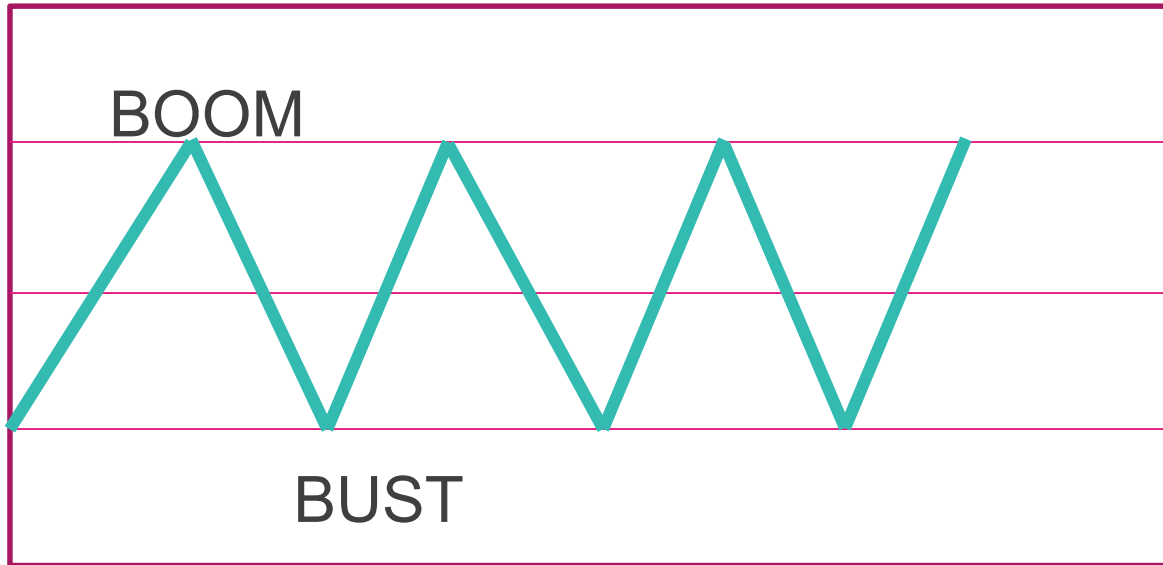
# Boom

- We may find ourselves pushing ourselves to do what we used to be able to do when we felt at our best.
- We tend to set ourselves high unachievable targets
- This can often lead to a 'bust' period because we have to then rest because we have burnt ourselves out.
- We may find it becomes a one step forward, two steps back process, meaning we end up worse off than before.
- We are also highly likely to use the 'Boom' periods to tackle the routine and necessary.

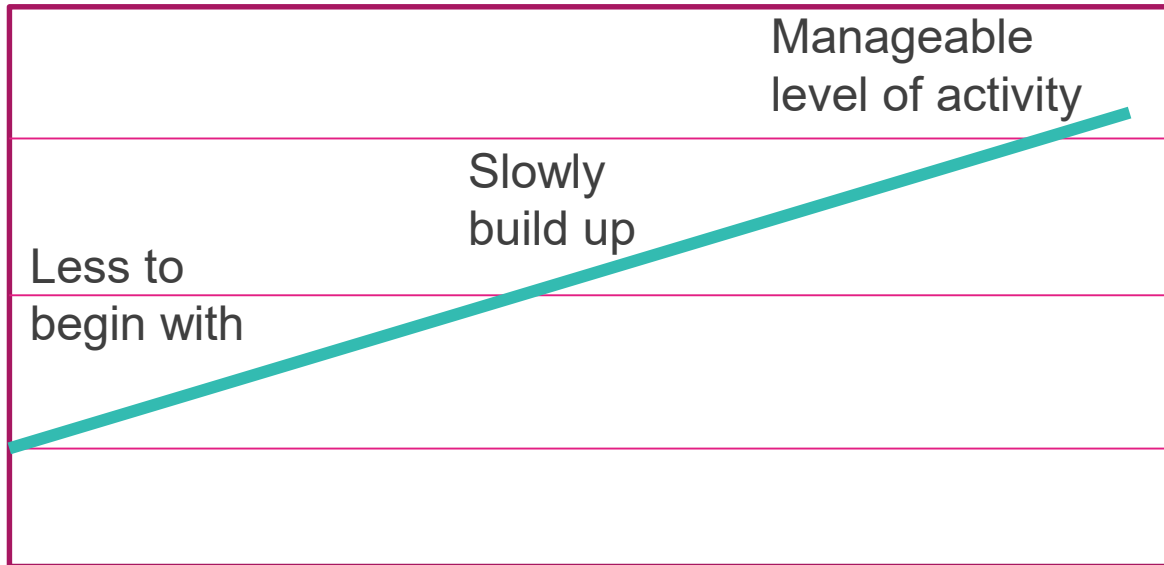
# Boom & Bust Cycle



# Boom & Bust



When in a boom and bust cycle, our activity levels can start to look something like this



When it comes to breaking the cycle, we may need to do less overall to being with, to be able to gradually build up to a more manageable level of activity

## Finding a balance

- Level out the 'good' and 'bad' days so we have more of a balance
- Aim to achieve a consistent amount each day.
- starting by just increasing our activities on our bad days very slightly
- On our 'good days' we need to hold ourselves back from that desire to make up for our 'bad days'
- We can do this by using a schedule and planning out the week in advance.



- **Build your routine around markers such as regular meal times and regular bed time and wake up time.**
- **It's important to follow the plan and not be led by your mood.**

# Meet your basic needs





## Build a scaffold

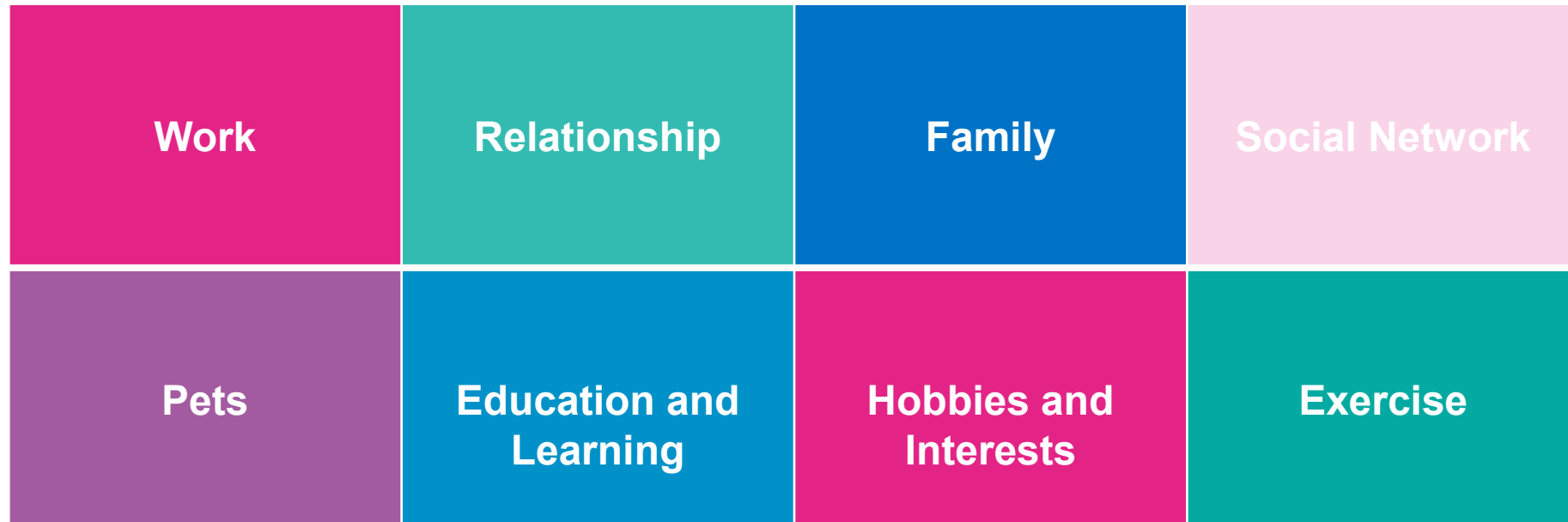
- Our lives are made up of different areas that support us.
- The more areas we have in our lives the more supported we feel.
- Having a framework in place helps us to cope better when things become difficult.
- When you are feeling overwhelmed with the demands of work make sure this support is in place.

# Person A

Work

Relationship

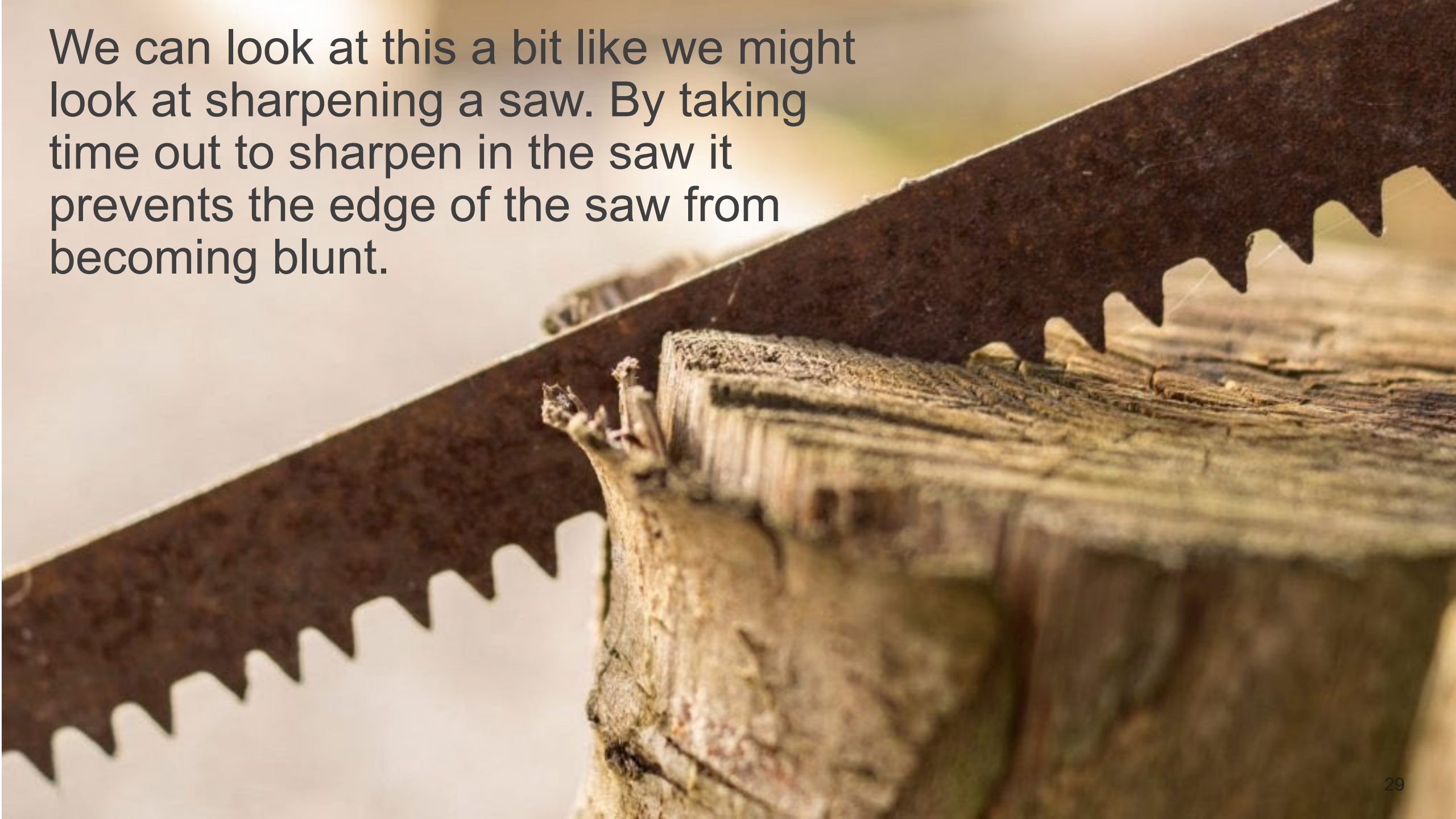
# Person B



# Self-Sacrifice

- We can feel that we must prioritise the needs of others above our own needs.
- When we neglect ourselves we become less able to cope with all of the things we want to.
- We need to look after ourselves in order to best to look after others.

We can look at this a bit like we might look at sharpening a saw. By taking time out to sharpen in the saw it prevents the edge of the saw from becoming blunt.



A woman with long, dark, curly hair is shown from the waist up, wearing a white, short-sleeved dress with lace detailing. She has her arms outstretched to the sides and her head tilted back, smiling joyfully. The background is a bright, hazy sky with a strong light source, possibly the sun, creating a lens flare effect. The overall color palette is warm and bright, with a gradient from yellow to light blue.

**You are your BEST ASSET!!**

- You might not be able to do the things you used to enjoy
- It might feel like there is no point.
- Don't give in to this feeling,
- Do the opposite

- Find ways of doing the things you used to do that make you happy.
- Be creative.



It might be hard to feel joyful right away, start small



**What do you do that makes you feel rejuvenated and refreshed?**



# Adapting to Lockdown

<b>Before lockdown</b>	<b>What I enjoyed about this activity</b>	<b>Adaptation to restrictions</b>
Going out for lunch/coffee with colleagues	Being able to connect and talk with friends over some nice food/cake.	Bring in some cake and coffee and take lunch together; talk and support each other.
Going to the gym for swim and sauna	Relaxation and time to myself	Plan a long soak in the bath with some music and essential oils.
Playing football	Spending time with my friends doing an activity we enjoy	Arranging with my team mates to play a video game together online.

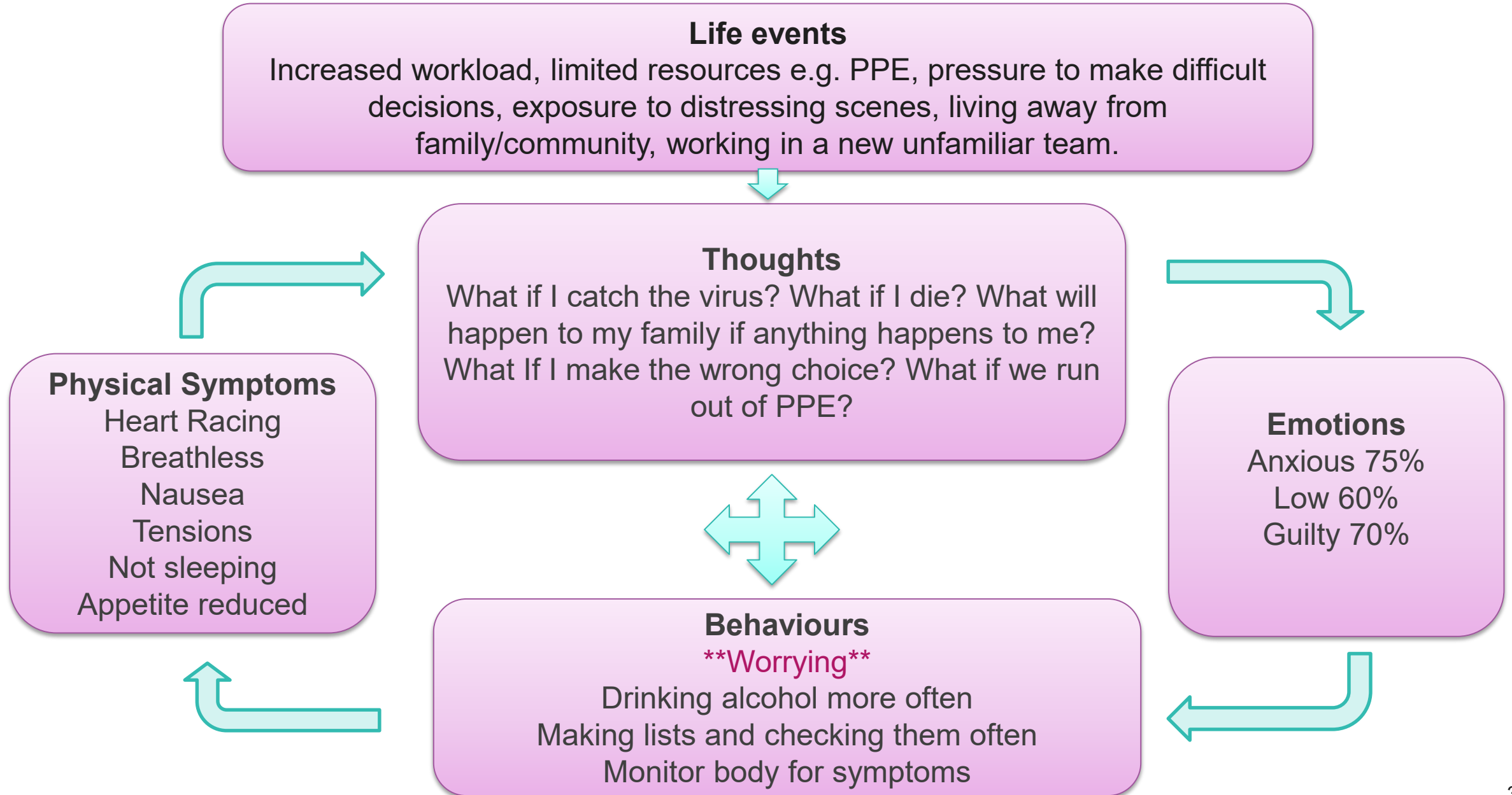


**What do you do that makes you feel rejuvenated and refreshed?**

- Exercise is one of the best things we can do for our mental health.
- Exercise helps condition our body to handle stress better.
- Exercise increases the amount of Serotonin our body produces.
- Exercise doesn't mean we have to start wearing lycra or signing up for running events (not that we can right now). Going on walks is a fantastic start.
- If you can't get going then try the '5-minute Rule'.



# Five Areas Model



# Is worry useful?



Experiment to try later: Allow yourself to worry about something for two minutes. After two minutes ask yourself how you feel now? Is it helping?

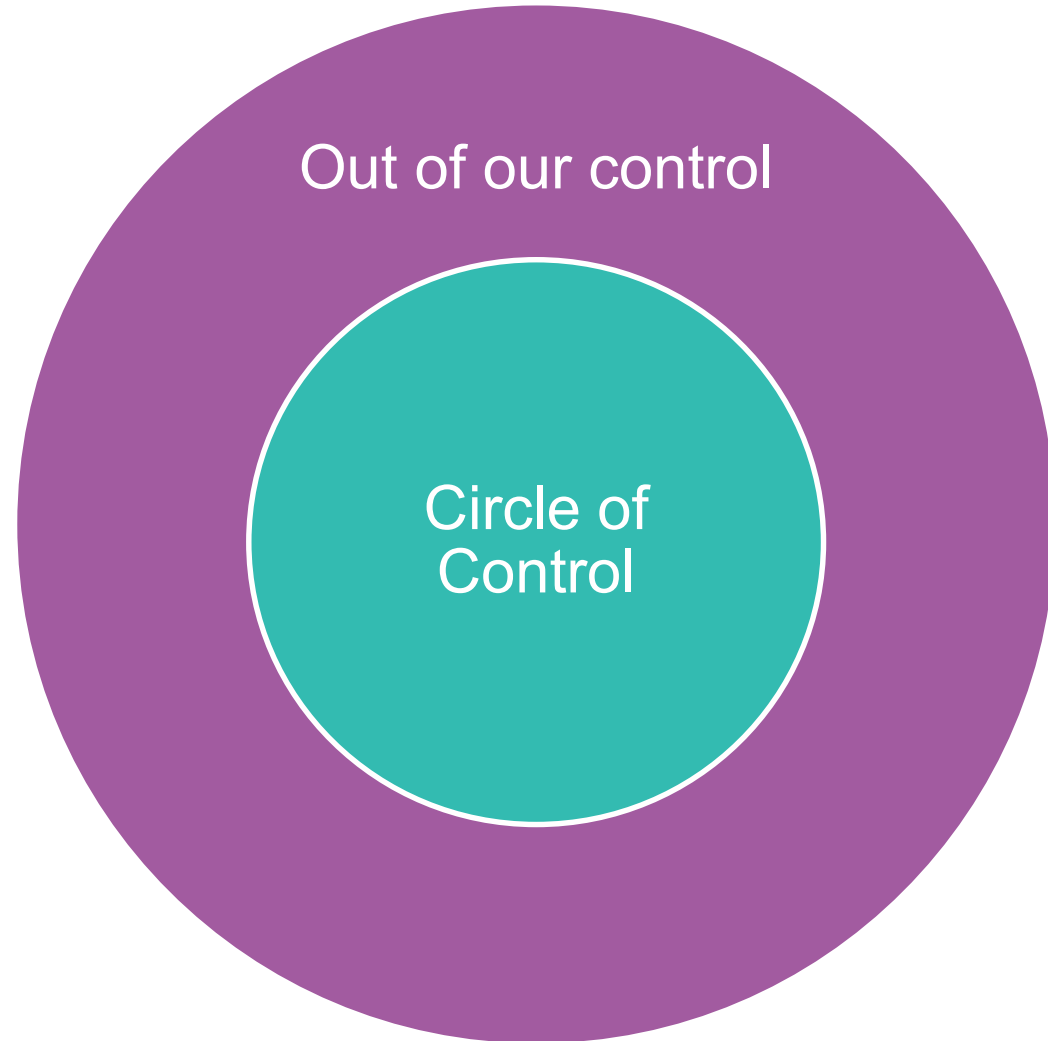
**Anxiety before experiment:** /10

**Anxiety after experiment:** /10

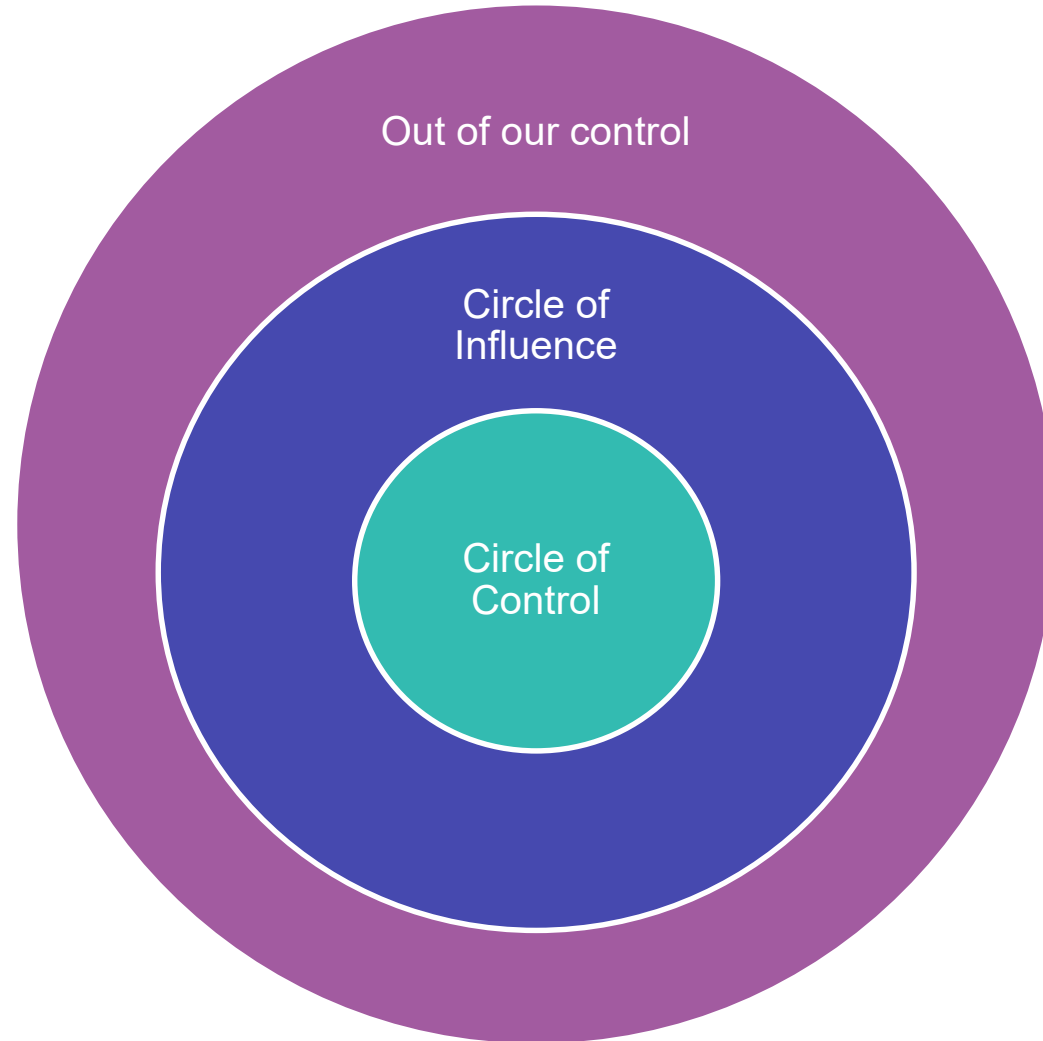


**What are you concerned and worried about?**

# Control the controllable

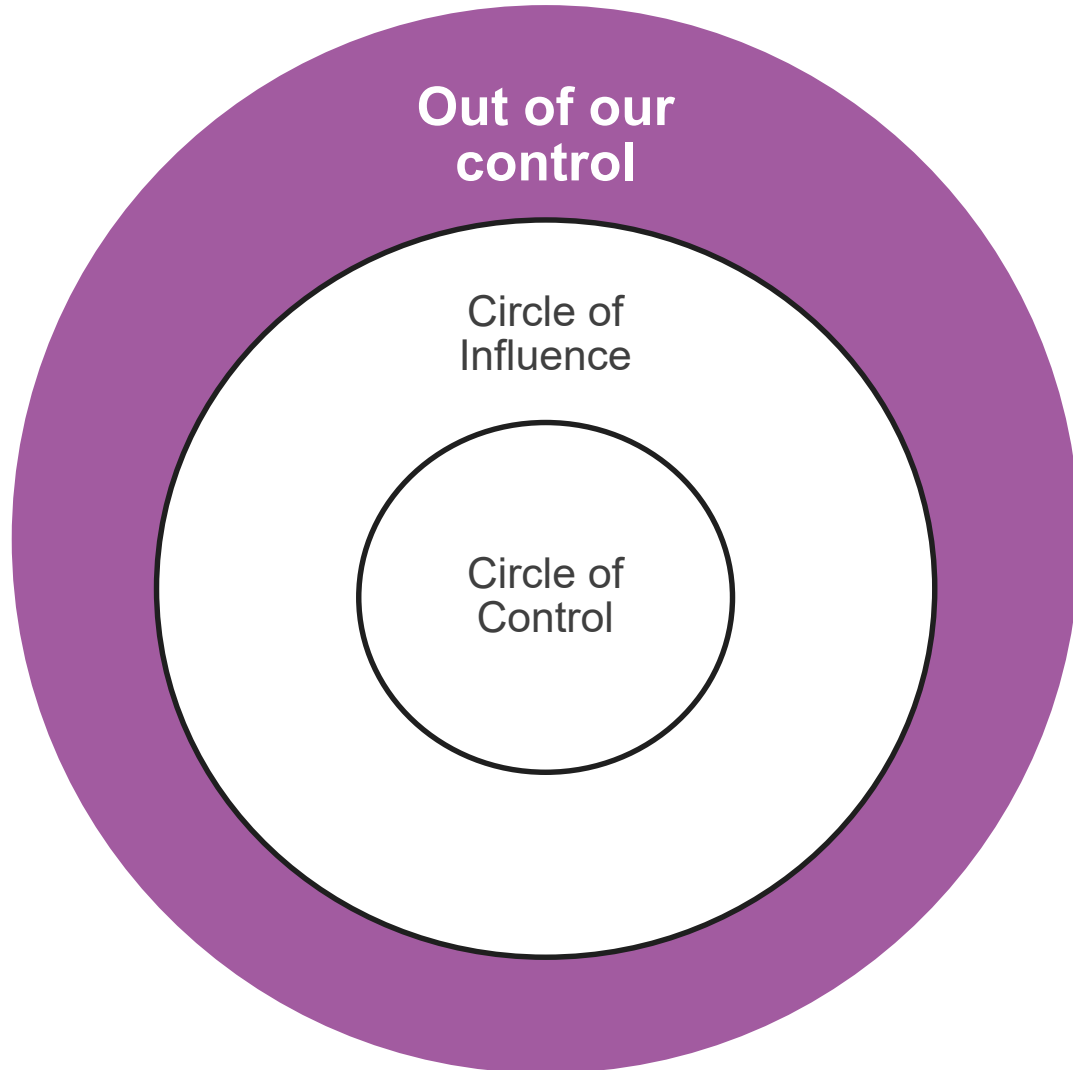


# Control the controllable



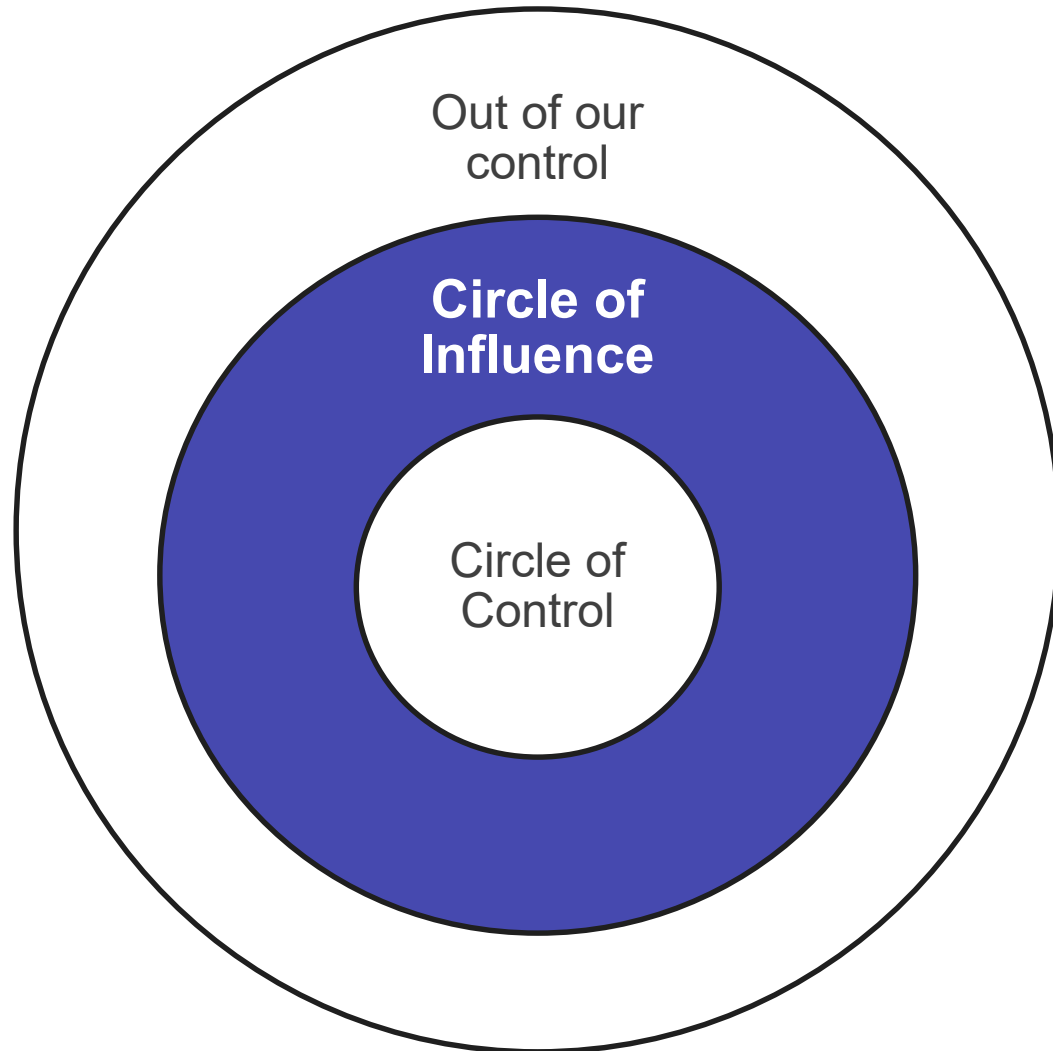


# Control the controllable



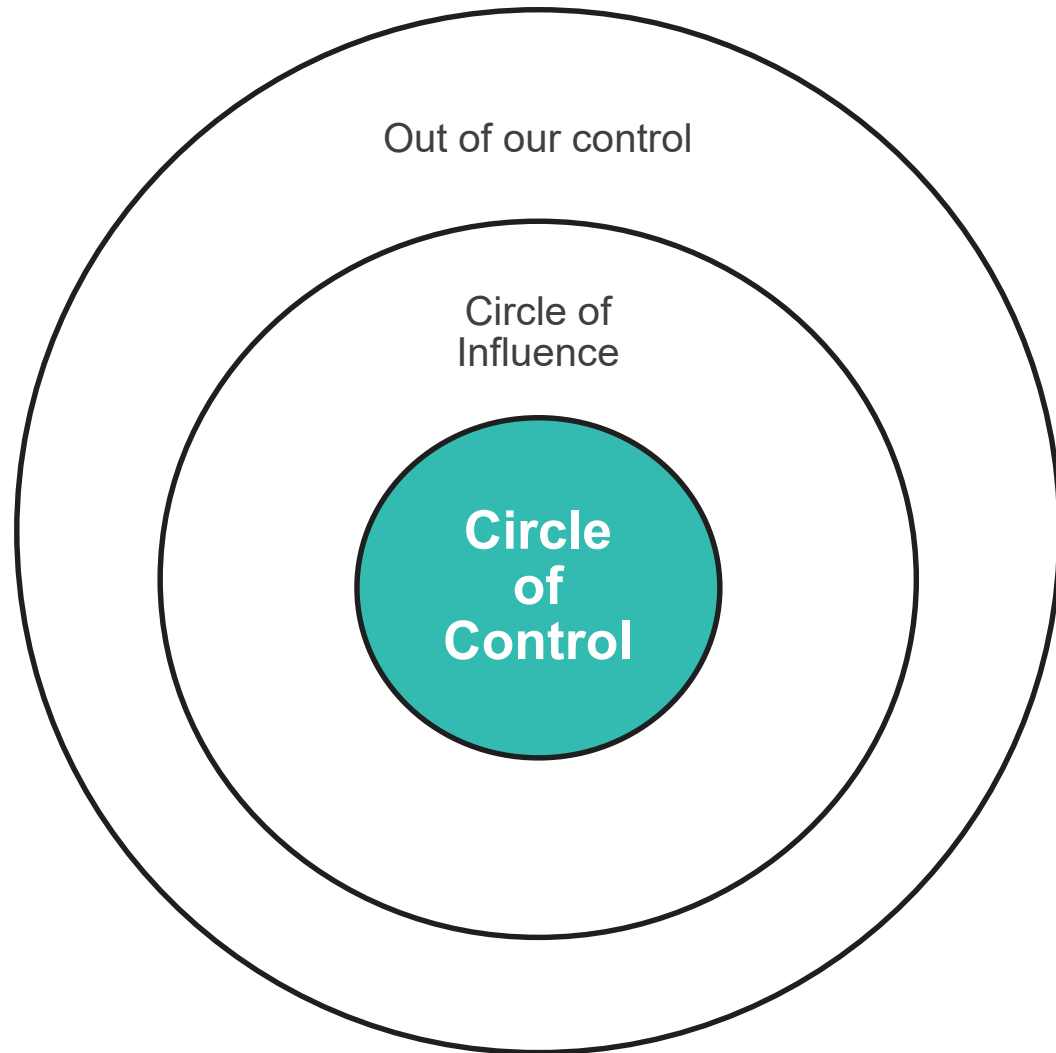
- We spend a lot of time worrying about things that we have ZERO control over.
- These are things we have no ability to change.
  - Weather
  - The past
  - Lockdown restrictions
  - Decisions made by our managers/organisations
- If we spend time worrying about these things all we are doing is causing ourselves frustration, anger, sadness, depression.

# Control the controllable



- This is where we can have some influence but it's minimal and might not actually change anything.
  - Recycling
  - Voting
  - Changing others
  - Our health
  - Running out of PPE
- Of course what we do in these areas is important but we do not have complete control, there are other factors at play.
- If we spend time dwelling on the things beyond our influence we can feel frustrated and angry that things are not changing.

# Control the controllable



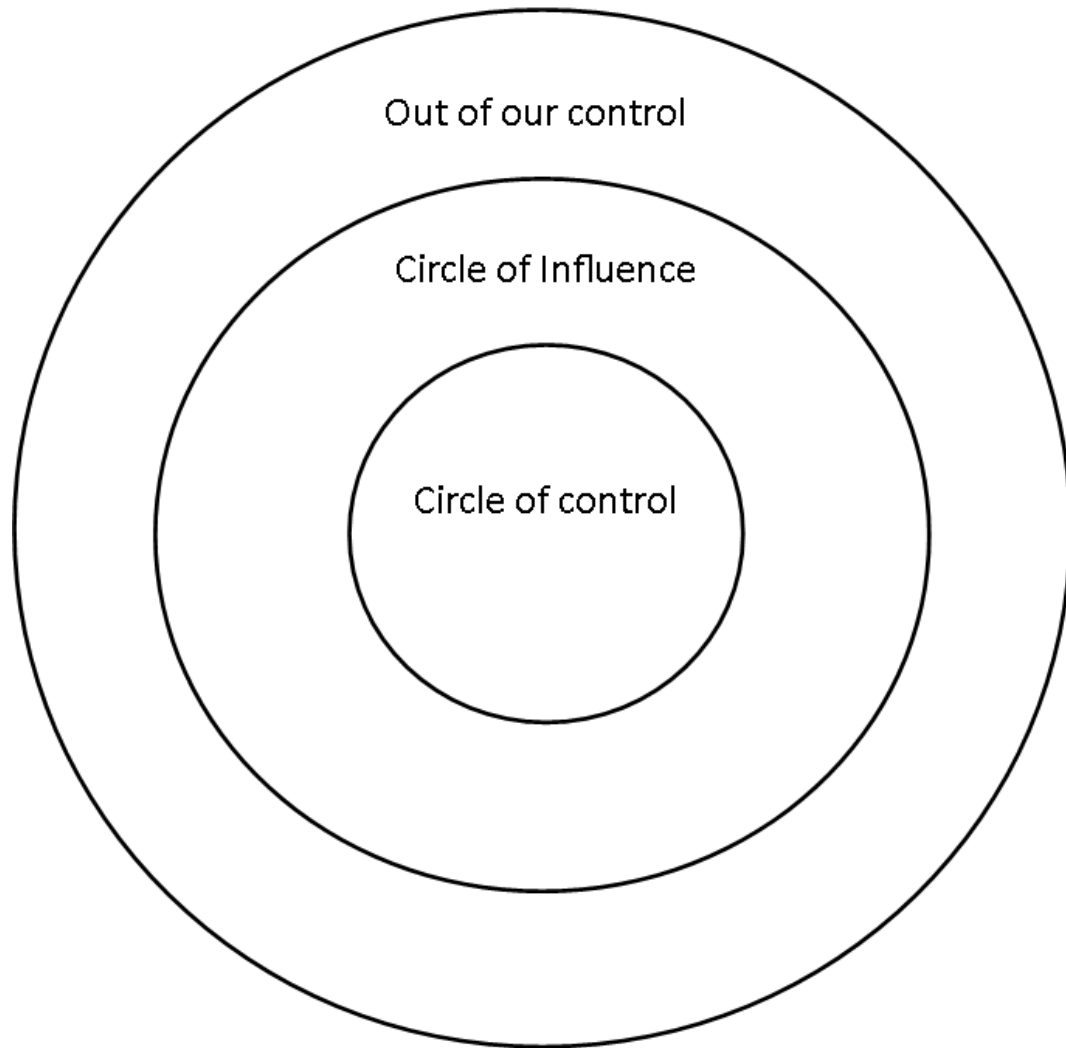
- It can be more helpful to focus on the things that we do have control over:
  - Our actions
  - Our self talk
  - What we focus our time and energy on



**What are you concerned and worried about?**

Pick a subject you are anxious about  
and focus on what you **can** control  
within that.

# Control the controllable



For example: Since being redeployed we may be worrying about some of the patients we were previously responsible for but are currently unable to offer treatment to.

We may be able to check-in with our previous clinic or request an update.

We can focus on the individuals we are currently caring for  
We can make sure the people we are redeployed to care for needs are fully met

## Take home messages

- If you are in a 'Boom and Bust cycle'; aim to achieve a consistent amount each day
- Meet your basic needs: get enough rest and respite, this means taking regular breaks, making sure you nourish your body at regular times throughout the day.
- Build a scaffold to support you during this challenging time
- Find creative ways to rejuvenate and 'sharpen' yourself.
- Exercise is just as effective as medication for improving mood.
- Control the controllable, don't spend your time and energy on something you cannot change. Focus on what is in your control

**Choose one of the ideas from today's webinar that you will action this week**

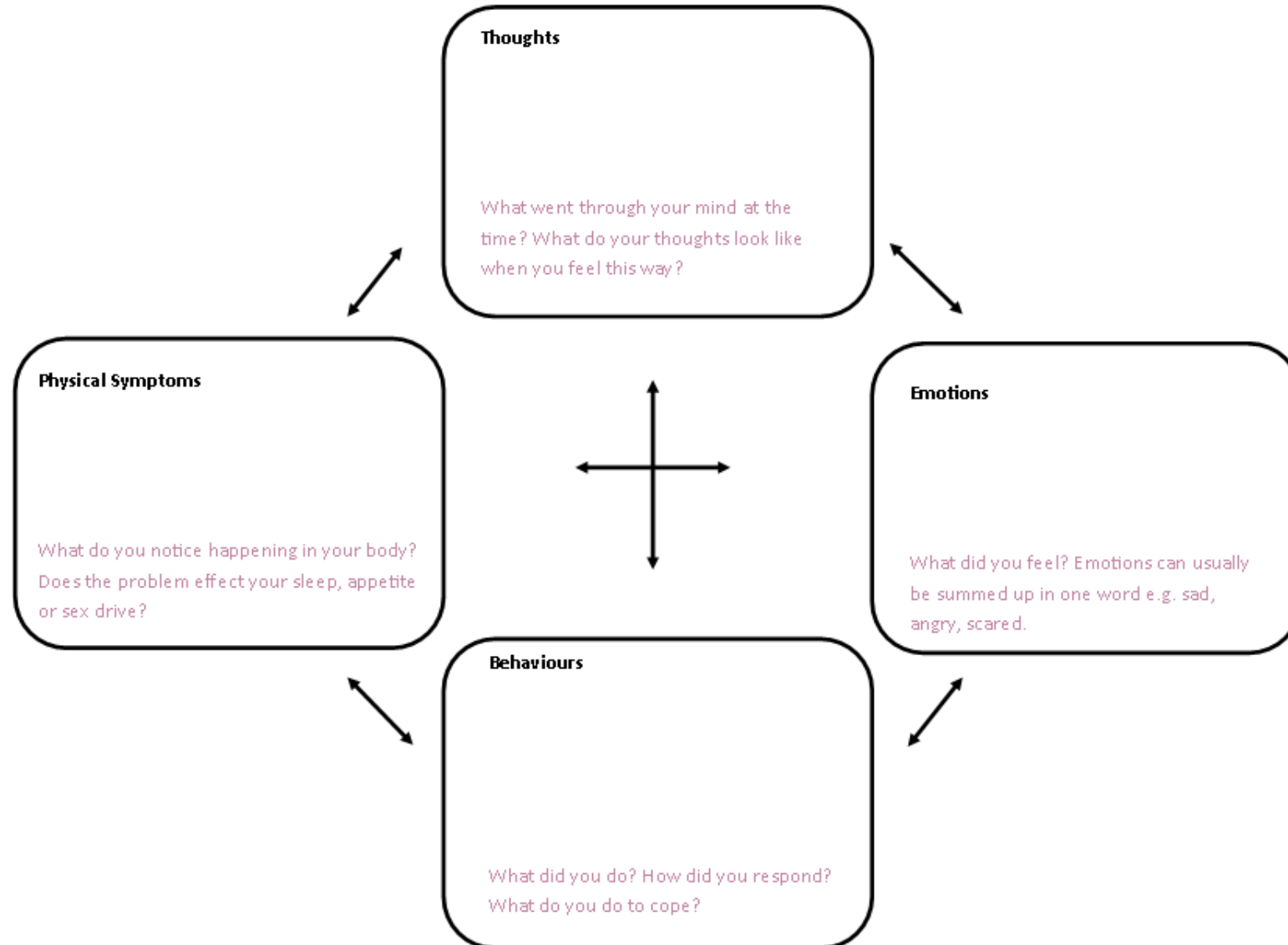


**Poll:**

- A. Aim to achieve a consistent amount each day
- B. Routine that meets your needs.
- C. Build a scaffold of activities
- D. Find creative ways to rejuvenate and 'sharpen' yourself.
- E. Exercise
- F. Focus on what is in your control






# Try it for yourself....




## Are you experiencing Post Traumatic Stress Disorder (PTSD)?

- You may have witnessed or experienced some distressing scenes over the past few months. These may still be impacting you now.
- **You may notice that you are having flashbacks or nightmares, it may feel like you are right back reliving it all over again. You may find that you are having uncontrollable thoughts about the event.**
- This is a normal reaction to a traumatic experience and these symptoms can last a few weeks.
- However, if it has been a few months since the event and you are still experiencing these symptoms it will be important for you to seek support.
- These symptoms are easily treated with the right help.


## Getting more help and information

-  IAPT Psychological Therapy Services are available and free if you need more help.
-  IAPT stands for Improving Access to Psychological Therapies. These NHS funded national services offer free access to evidence based therapies for low mood, anxiety and depression across England. They offer treatment over the telephone, via online platforms and video links. If you think that you or someone you know needs support for low mood, sleep problems depression or anxiety you can self refer to your local IAPT Service.
-  Local IAPT services are listed on the NHS website and you can search with your postcode here: [https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20\(IAPT\)/LocationSearch/10008](https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008)

## Getting more help and information

 If you need **urgent** help for your mood, are having thoughts of suicide, are harming yourself or have thought about self-harm, it's important to tell someone. Don't struggle by yourself. Contact your GP if you can. If you cannot wait to see a doctor or feel unable to cope or keep yourself safe, you can contact the organisations below to get support right away.











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 Shout offers confidential 24/7 crisis text support for times when you need immediate assistance. Text "**SHOUT**" to **85258**

 NHS urgent support guidance - <https://www.nhs.uk/oneyou/every-mind-matters/urgent-support/>

# Other useful resources and links

-  NHS England and NHS Improvement is offering NHS staff free access to psychological and practical support. <https://people.nhs.uk/> This includes:
-  A free wellbeing support helpline 0300 131 7000 available from 7am – 11pm seven days a week, providing confidential listening from trained professionals and specialist advice, including coaching, bereavement care, mental health and financial help.
-  A 24/7 text alternative to the above helpline - simply text FRONTLINE to 85258.
-  An [online portal](https://people.nhs.uk/help/) with peer-to-peer, team and personal resilience support: <https://people.nhs.uk/help/>
-  A bereavement and loss support line 0300 303 4434 available from 7am -11pm
-  **Headspace** is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. (Free access is available to all NHS staff with an NHS email address until 31 December 2020 and is active now). <https://www.headspace.com/nhs>
-  NHS Every Mind Matters - [https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc\\_id=Brand&gclid=EAlaIQobChMIkcjMo-Di6QIVnIBQBh01HQQFEAYASAAEgKXUfD\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIQobChMIkcjMo-Di6QIVnIBQBh01HQQFEAYASAAEgKXUfD_BwE)
-  Mental Health Helplines - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
-  CALM have lots of advice and information about mental health - <https://www.thecalmzone.net/>
-  Mind are a mental health charity with a wide range of information about mental health - <https://www.mind.org.uk/>



We really value your feedback and would love to hear your thoughts about the webinar today. Please use this link below:

[https://www.smartsurvey.co.uk/s/Webinar\\_Feedback\\_RD/](https://www.smartsurvey.co.uk/s/Webinar_Feedback_RD/)

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partners moves us closer towards  
our goal to make London the  
healthiest global city.**

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