

# 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 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 [thrivedn](https://www.thriveLDN.com) website.



# COPING WELL DURING COVID

## 4. Managing Low Mood and Burnout

Tues 20th April, 12.30pm

Weds 21st April, 4.00pm



Online. Register via [thrivedn.co.uk](https://thrivedn.co.uk)

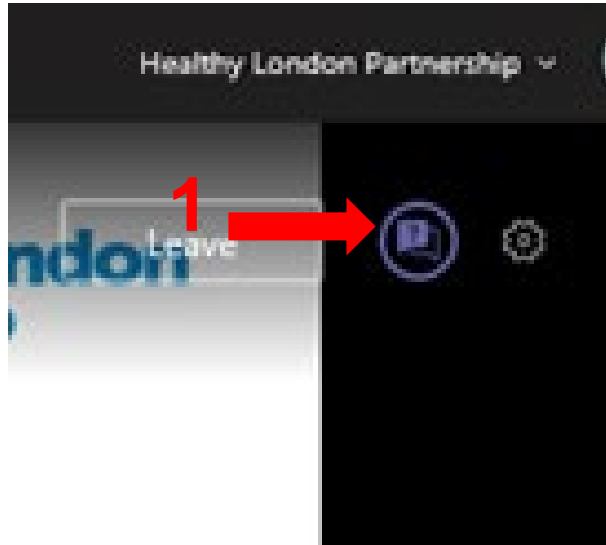
With Emily Gardner, Cognitive Behavioural Therapist,  
East London NHS Foundation Trust



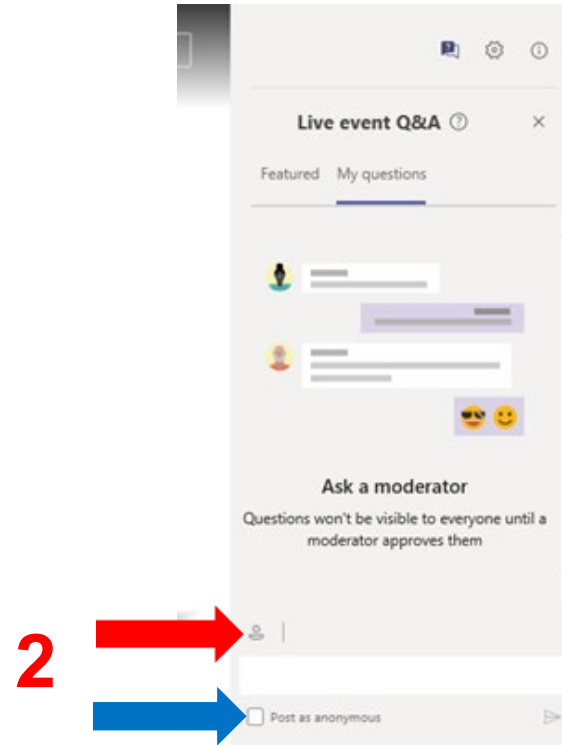
| England

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

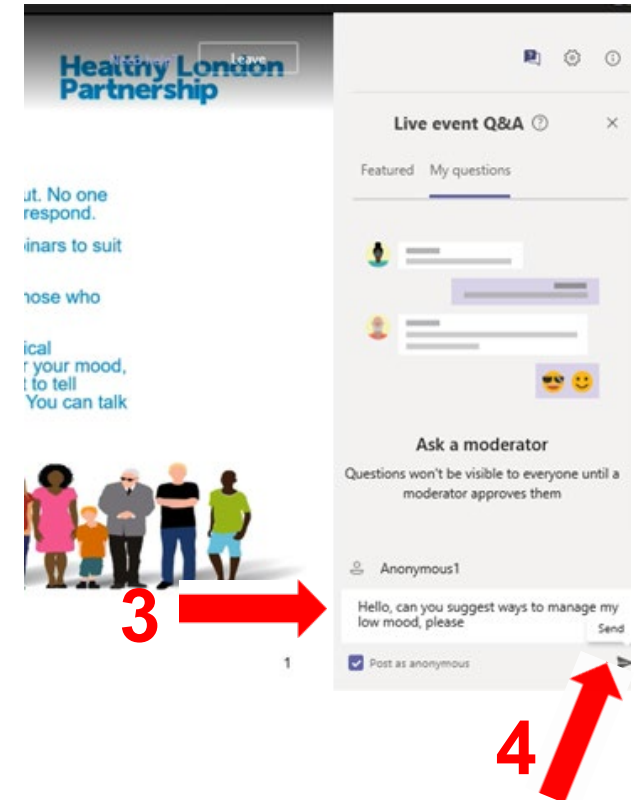
# How to use Q/A during webinar



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.

## Tell us about you

Keeping your identity anonymous please tell us in the Q/A who you are here for:

- A. For yourself
- B. For a family member or friend who is struggling
- C. As a professional (please tell us what your role is)
- D. Other (please explain)

# What are we offering?

- A series of webinars to help you cope with the impact caused by the Coronavirus.
- The theme will be different each week
- Focus on the different ways your wellbeing may be impacted.
- Understanding why you feel the way you feel
- Strategies and techniques to help manage the way you feel.



## Let's see your responses...

### Who are you here for today:

- A. For yourself
- B. For a family member or friend who is struggling
- C. As a professional (please tell us what your role is)
- D. Other (please explain)



**What do you hope to get out of this webinar?**



- Toolkit of **evidence-based resources, ideas and tools**
- The content of these webinars is based on Cognitive Behavioural Therapy (CBT).
- CBT focusses on making changes to our thoughts and behaviour to improve our mood.



## **Objective of this webinar**

- **Understanding cycles of Reduced Activity and Boom and Bust.**
- **How to break into those vicious cycles and improve our mood.**



**What do you hope to get out of this webinar?**



**What are you finding the most difficult?**



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

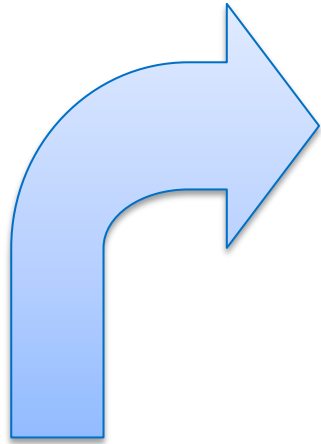
If you need urgent support right now...

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**.

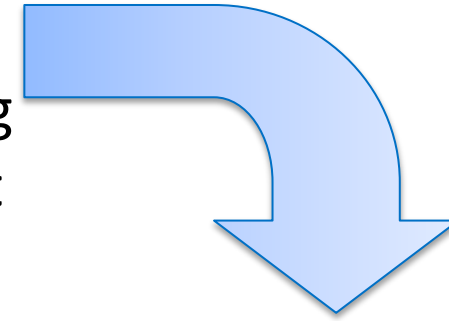


**What are you finding the most difficult?**

# Reduced Activity Cycle

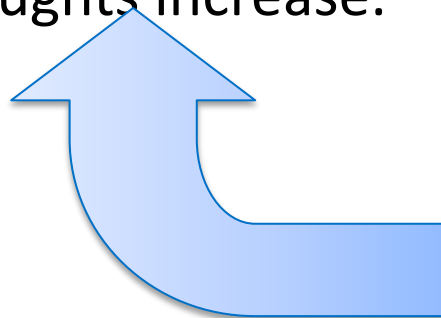


**Low mood or depression:** Low energy, fatigue, negative thinking and reduced motivation (“I can’t be bothered, what’s the point, things won’t get better”)

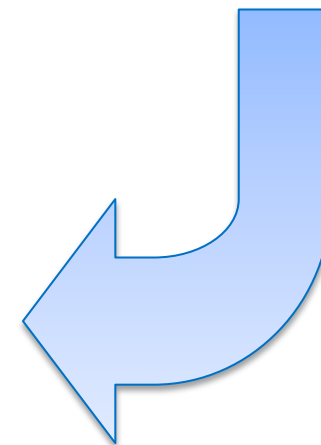


**Reduced Total Activity:** Stopping hobbies, reduced socialising, not answering messages, not doing housework

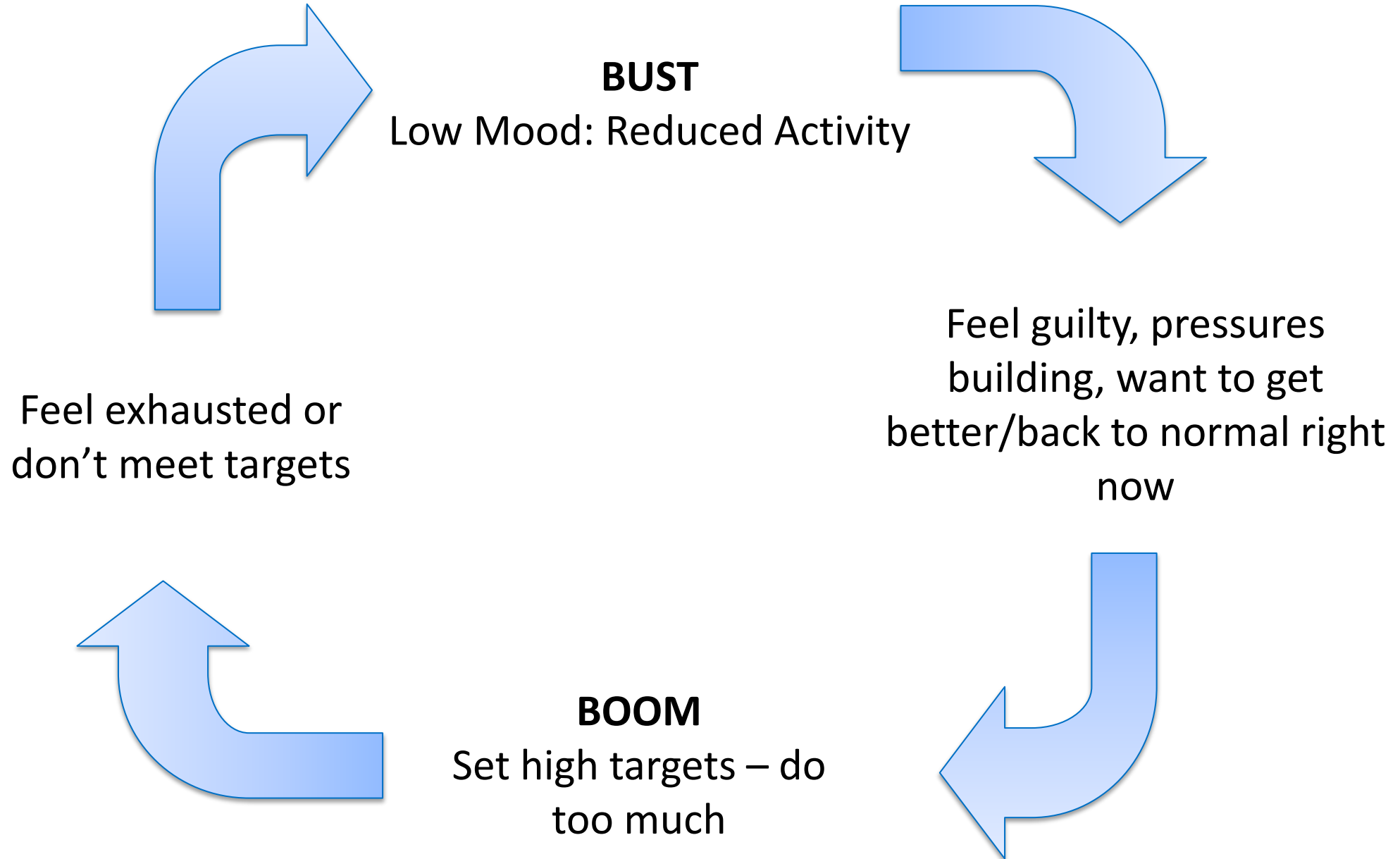
**Worsens how we feel:** Life becomes emptier and emptier. Even essential jobs become too much effort. Negative thoughts increase.



**Lessens opportunity for pleasure and/or sense of achievement:** left only doing essential things



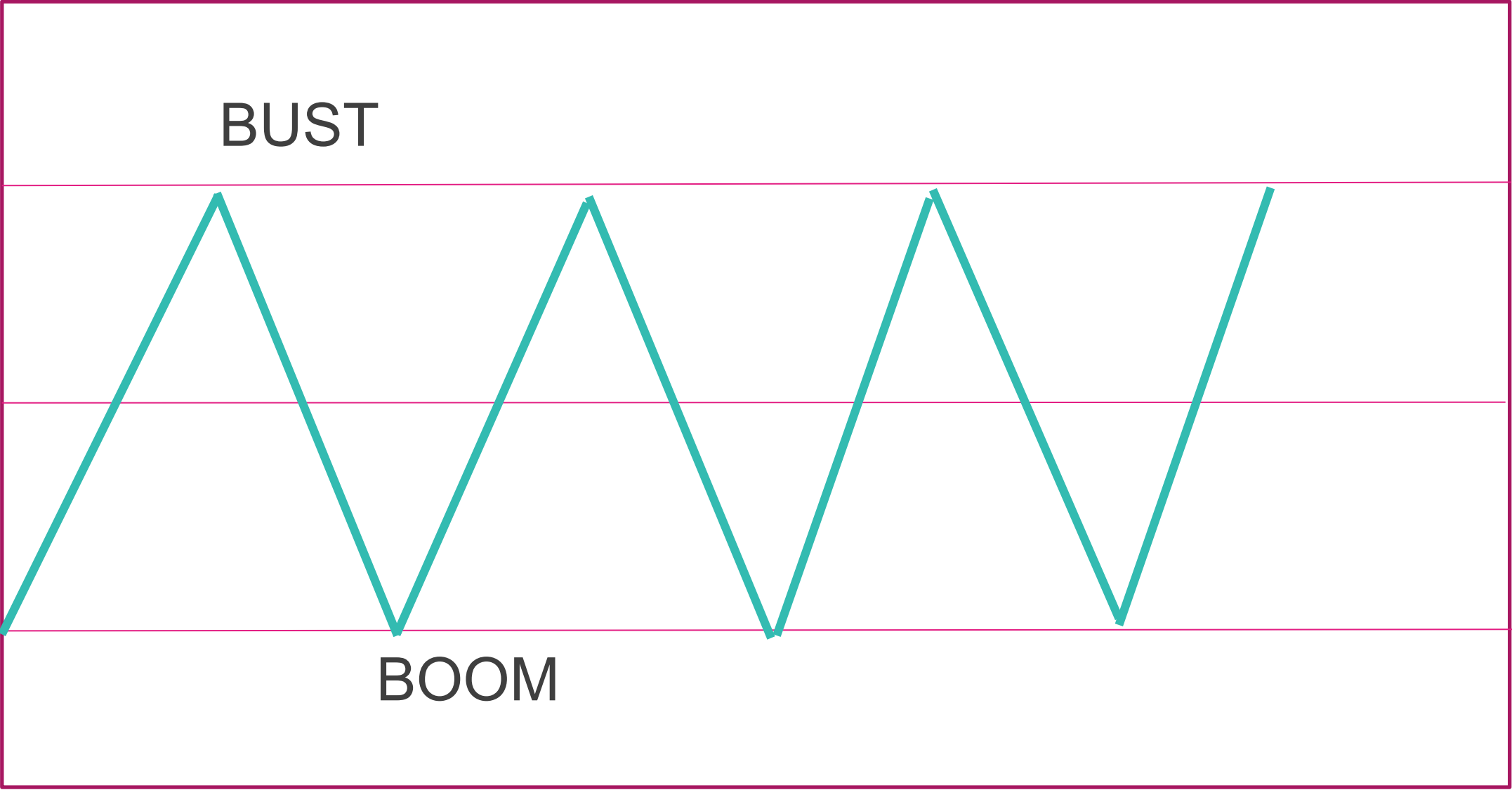
# Boom & Bust Cycle

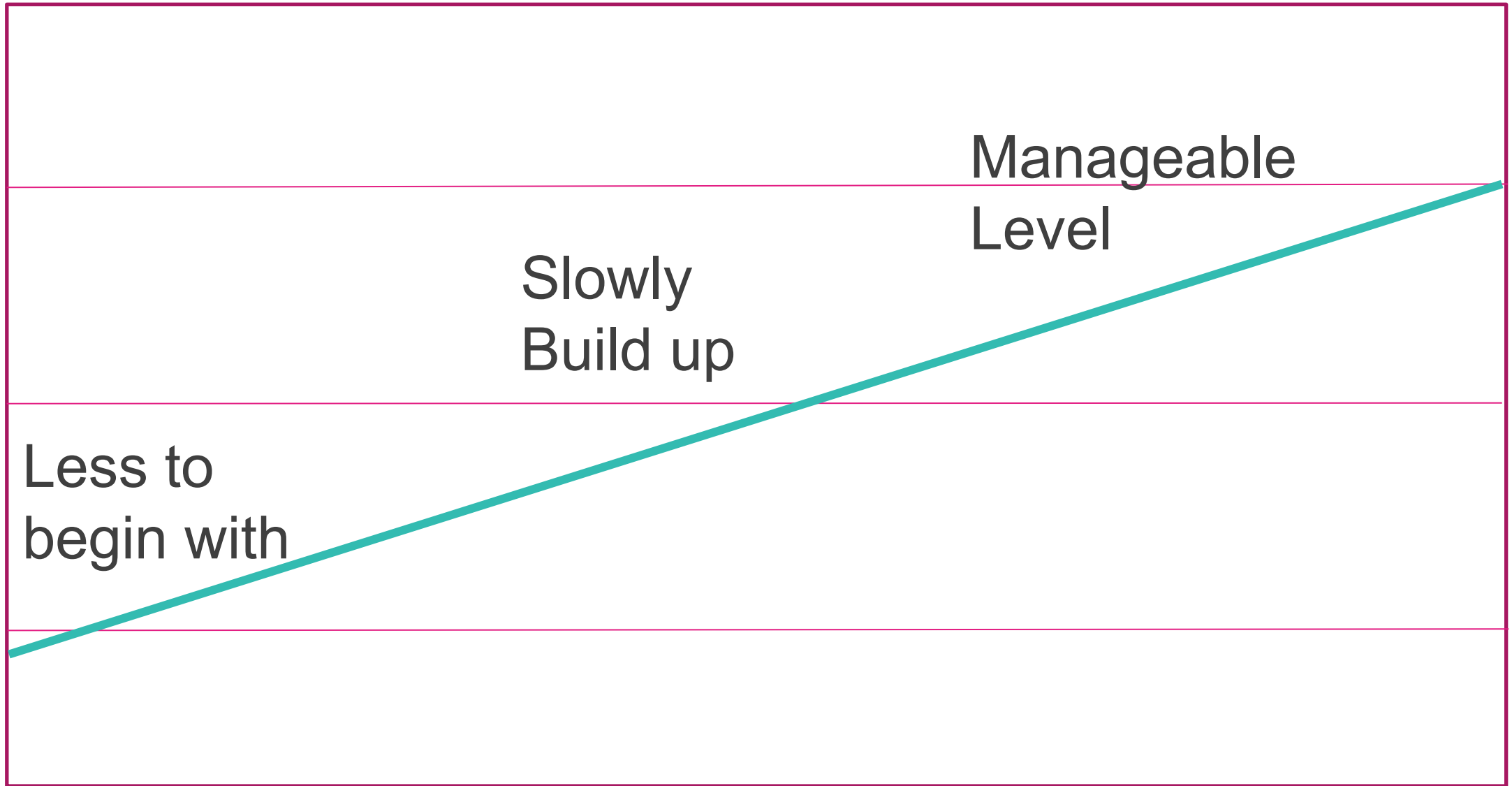




BUST

BOOM





**What is Behavioural Activation:** Slowly build in structured activities. Scheduling different types of activities **following the plan and not our mood**, so that we complete the activities and break the cycle which can maintain low mood.

**Why do we use it?**

a) A lot of research has shown it to be effective.

b) It does not require you to concentrate for long periods of time or think too much.

## The 'Outside-In' Approach

- When we look at the Boom and Bust Cycle, and Reduced Activity Cycle, in both we allow how we feel inside, to decide what we do - **we act from the inside-out**
- Through behavioural activation we want to start to allow our plan to decide what we do, which will then impact on how we feel - **acting from the outside-in**

## Step 1 – List activities



**Routine:** These are activities you used to do regularly.

**Necessary:** These are activities that are often very important and for which there is a consequence if they are not done

**Pleasurable:** These are things you used to enjoy before your low mood or could be new things that you think you would enjoy and like to try.

**These are very much down to individual choice**

## Example

**Routine:** Eating 3 meals, sleeping in a routine, taking out the bins, having a shower, cooking x3 a week, making the kids lunch, food shopping.

**Pleasurable:** Socialising, running, playing football, playing with the kids, family time, reading the newspaper, watching TV, fixing bikes and cycling, going to the pub, playing guitar

**Necessary:** Going to work, paying the bills, changing my phone tariff, opening letters, getting the MOT booked, fixing the kitchen sink.

## Step 2: Create a hierarchy

- Rate the activities from easiest to most difficult.
- It's important to think about how difficult it would be for you NOW not before or if you were feeling better

**Hard:** Playing football, going to a social gathering, opening and sorting letters  
Paying the bills, cooking and eating 3 healthy meals

**Medium:** Reading the newspaper, cutting out naps, going to an exercise class,  
booking MOT, going for a run, meeting a friend for lunch

**Easy:** Walking or cycling to work, eating breakfast, calling a friend for a chat,  
showering before work, watching a TV show, taking the kids to the park.

## Step 3: Schedule the activities

Start with the **easiest** activities first. Building up to the more difficult activities.

Breakdown the more difficult activities

Activities should be appropriately detailed, for example: ‘**A walk with the dog in the morning at 10am**’.



## Step 4: Do the activities

Step 4: **Do the activities!** So make sure **to follow the plan and not the mood!**

Step 5: Really important - **Review**. Identify the activities you managed to include during the week.

- *How did completing these activities impact your mood?*
- *What other activities could you schedule in for the next week?*
- *If it was difficult to complete some activities, were the activities too difficult?*
- *What could you do to make the activity more achievable?*
- *Could you get a friend or partner to help remind you?*

# What is Burnout?

- Burnout is a state of emotional, physical, and mental exhaustion
- You begin to lose the interest and motivation
- Burnout reduces productivity and saps your energy,
- Eventually, you may feel like you have nothing more to give.

# Signs and Symptoms of Burnout

## Life events

Increased workload/responsibility, not being able to see family, Working in a new unfamiliar team, demands unchanging, unable to engage in usual stress outlet

## Thoughts

Sense of failure: *'I'm a failure', 'I am letting people down'*. Self-doubt: *'I'm not good enough', 'I can't cope'*. Increasingly cynical and negative outlook: *'What's the point?', 'Things won't change'*.

## Emotions

Helpless  
Trapped  
Detached  
Frustrated

## Physical Symptoms

Tired and drained  
Headaches  
Muscle pain  
Loss of appetite  
Poor sleep  
Loss of motivation

## Behaviours

Withdrawing from responsibilities, isolating from others, avoidance, procrastinating, drinking more alcohol or comfort eating

# Stress Bucket Analogy

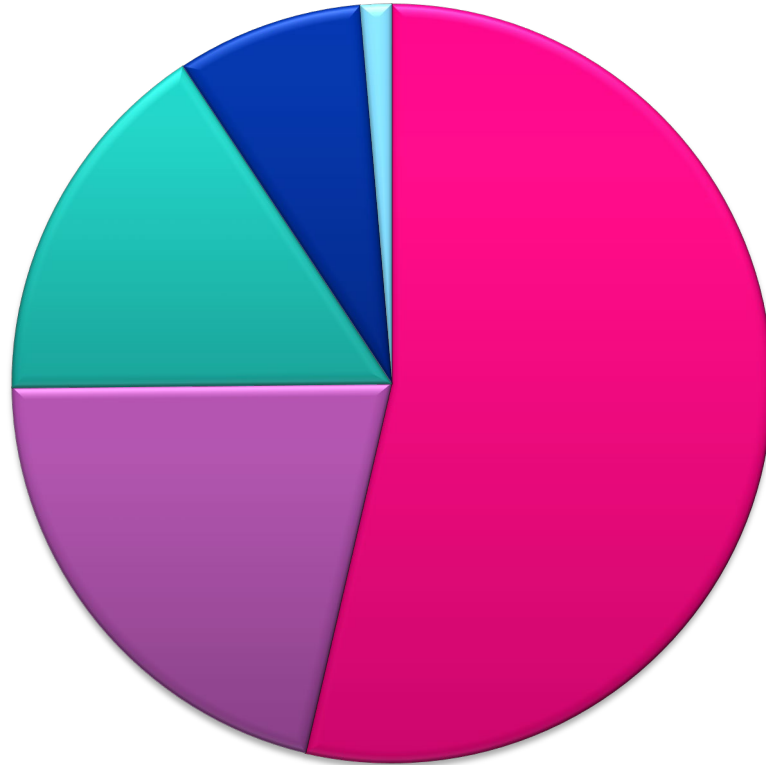


- This bucket slowly fills up when you experience different stressors.
- The higher the water level, the easier it is for the bucket to overflow.
- When there is no room left even small drops can tip the water over the edge.





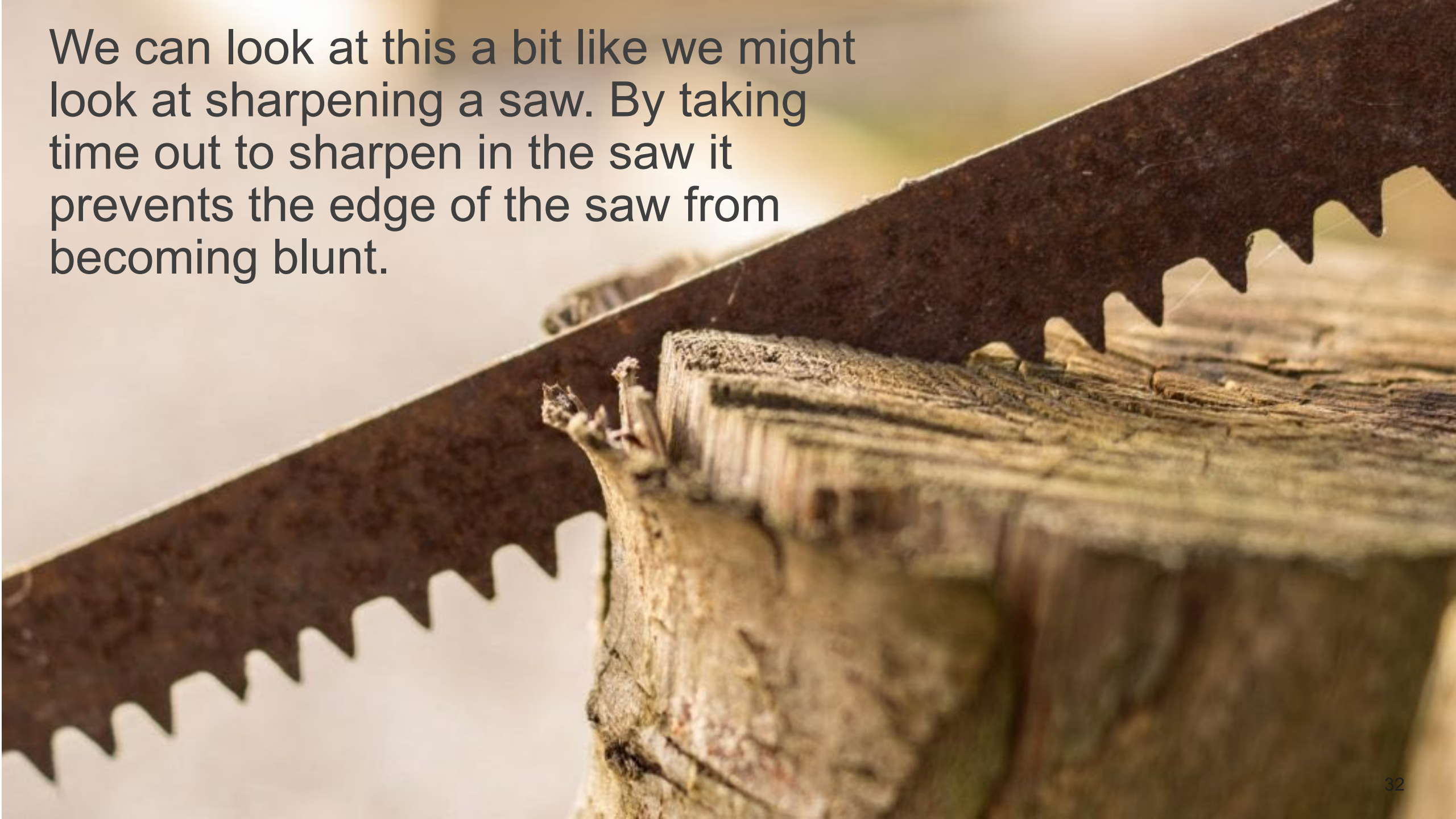
# When you put yourself in last



■ Work ■ Parental Responsibilities ■ Housework ■ Bills/paperwork ■ Time left for me



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 soft, hazy mix of yellow and light blue, suggesting a bright, sunny day. The overall mood is one of happiness and freedom.

**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



**Does anyone have any creative ideas about how to still do some of the things you enjoy?**



<b>Before lockdown</b>	<b>What I enjoyed about this activity</b>	<b>Adaptation to restrictions</b>
Playing football	Spending time with my friends doing an activity we enjoy	Arranging with my team mates to play a video game together online.
Going to a social gathering	Being able to connect with friends and laugh with them	Send a letter, postcard or gift to a friend to let them know you are thinking of them.
Going to an exercise class	Opportunity to exercise/stretch	Go for a brisk walk with some stretching at the beginning and the end.











**Does anyone have any creative ideas about how to still do some of the things you enjoy?**

- 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.
- Going on walks is a fantastic start.
- If you can't get going then try the '5-minute Rule'.
- If you are not sure you can find time then include exercise as part of your routine





# Scheduling first week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am Shower 8.30 Breakfast	8am Shower 8.30 Breakfast	8am Shower 8.30 Breakfast	8am Shower 8.30 Breakfast	8am Shower 8.30 Breakfast		
	12:00 message friends to arrange catch up		12:00 Yoga class on YouTube			
		13:00 book MOT				
				9pm Online hangout with friends		

## Take home messages

- Are you in a **reduced activity cycle**?
- Are you in a **boom and bust cycle**?
- **Schedule** a balance of activities: routine, necessary and pleasurable
- Put **yourself** into your life **first**
- **Be creative** in finding ways of doing the things you used to do that make you happy
- **Exercise** is just as effective as medication for improving mood.

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



**Poll:**

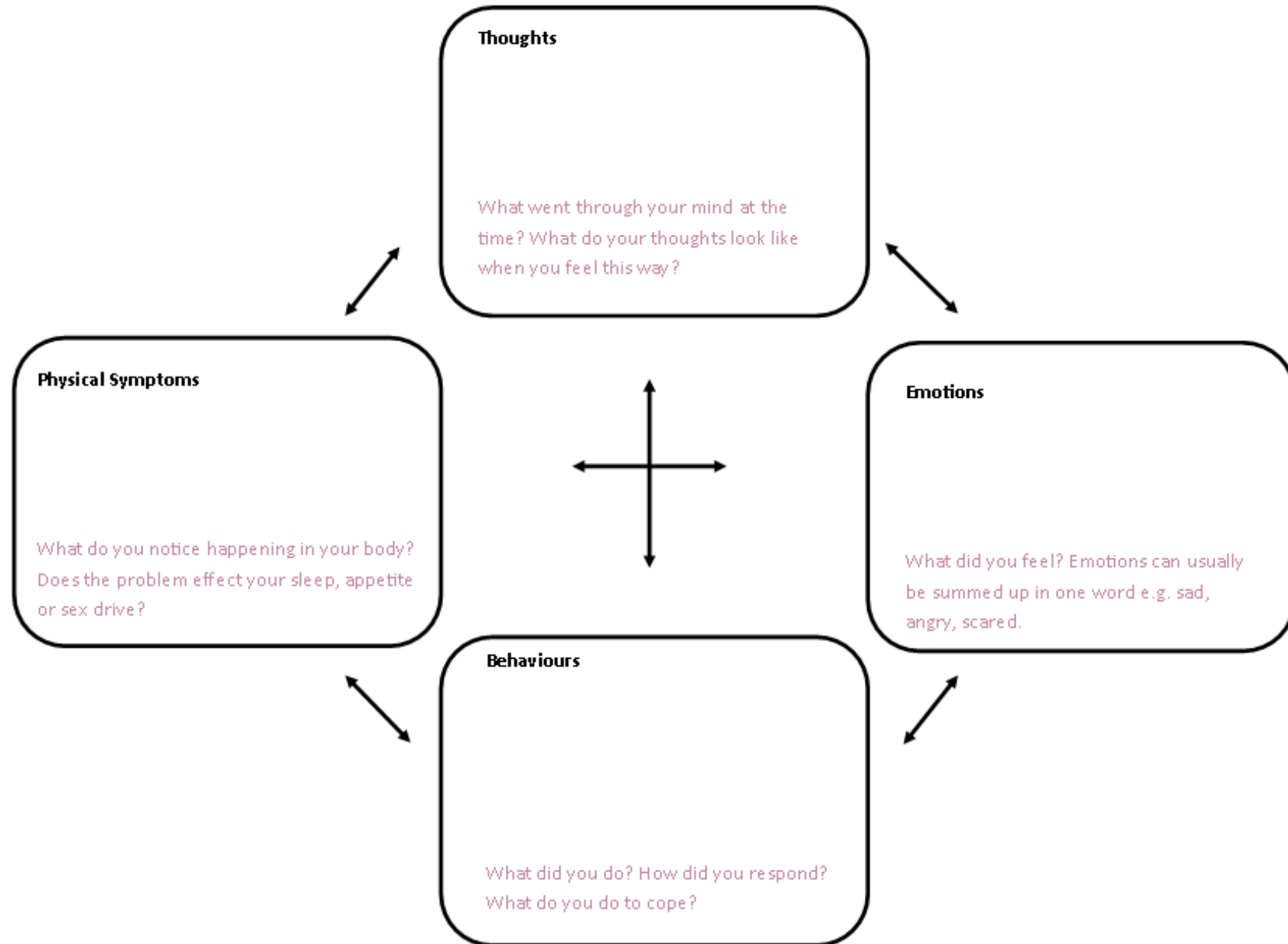
**A. Schedule** a balance of activities

**B. Put yourself first**

**C. Find creative ways to rejuvenate and 'sharpen' yourself.**

**D. Keep Active**

# Try it for yourself....






## The next sessions in this webinar series are:

- Wednesday 21<sup>st</sup> April @ 4pm - **Managing Low Mood and Burnout**
- Tuesday 27<sup>th</sup> April @ 12.30pm - **Sleeping Better**
- Wednesday 28<sup>th</sup> April @ 4pm - **Sleeping Better**
- Tuesday 4<sup>th</sup> May @ 12.30pm - **Mindfulness**
- Wednesday 5<sup>th</sup> May @ 4pm – **Mindfulness**





***You can register for these webinars here:***

**<https://thrivedn.co.uk/resources/coping-well-during-covid/>**









## 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

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-  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**.
-  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

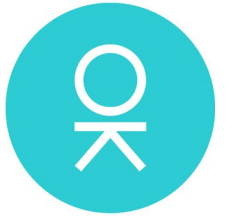
-  NHS Every Mind Matters - [https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc\\_id=Brand&gclid=EAlaIQobChMlkjMo-Di6QIVnIBQBh01HQQFEAAYASAAEgKXUfD\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIQobChMlkjMo-Di6QIVnIBQBh01HQQFEAAYASAAEgKXUfD_BwE)
-  Mental Health Helplines - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
-  The NHS information about COVID-19 is available here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
-  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/>
-  Citizens Advice offer support and financial advice, if you have problems with your rented home or you need to find out what benefits you can get - <https://www.citizensadvice.org.uk/>
-  National Debtline is a charity offering free and independent advice over the phone and online - <https://www.nationaldebtline.org/>
-  Money Supermarket have collated the latest information and advice with how coronavirus might impact your financial situation - <https://www.moneysupermarket.com/money-made-easy/coronavirus-and-family-finances/?from=onsite-banner>





We really value your feedback and would love to hear your thoughts about the webinar today.

Please use the link in the Q&A or via email.



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