

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 thriveLDN website.



COPING WELL DURING COVID

1. Managing Wellbeing

Tues 30th March, 12.30pm

Weds 31st March, 4.00pm

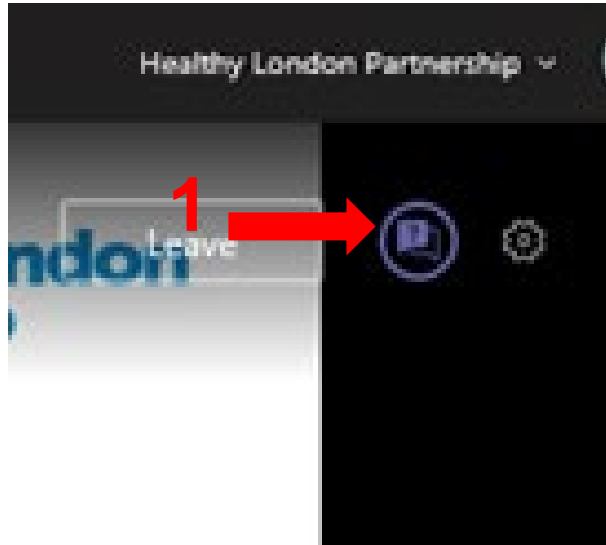


Online. Register via thrivedn.co.uk

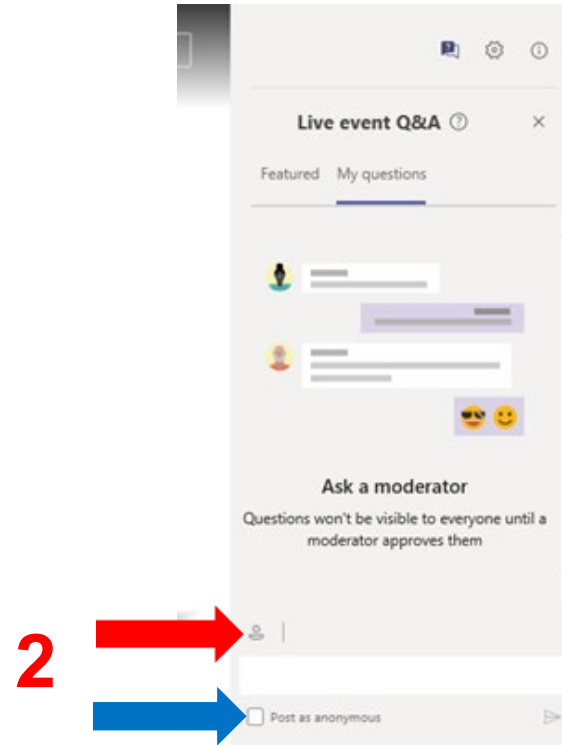
With Emily Gardner, Cognitive Behavioural Therapist,
East London NHS Foundation Trust



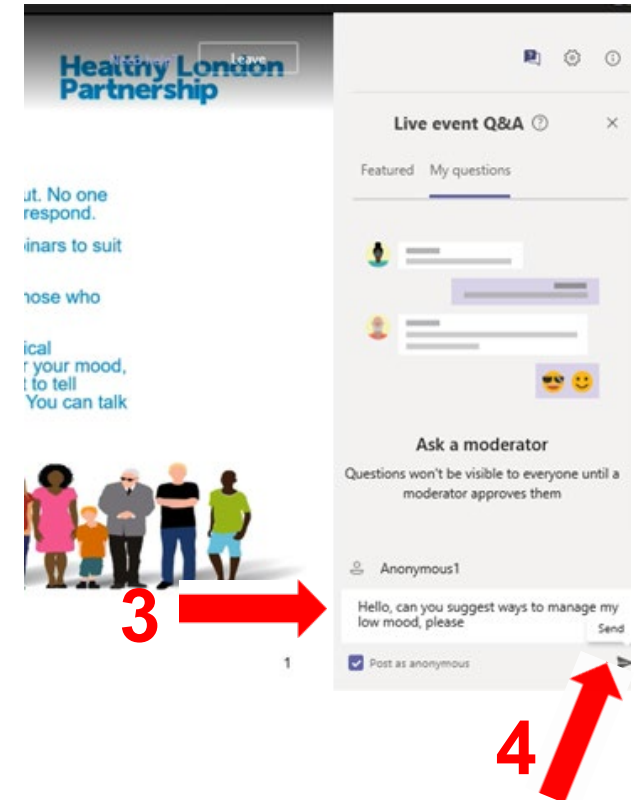
How to use Q/A during webinar



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 fear and low mood.**
- **How to break into those vicious cycles and improve our mood.**



What do you hope to get out of the Webinar?



What are you finding the most difficult?

It's OK to not feel OK



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**.

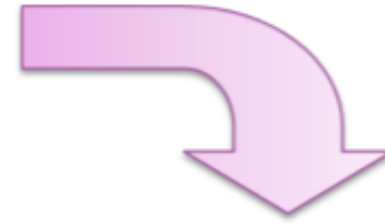


What are you finding the most difficult?

Fear cycle



Thoughts
What if I catch it?
What if I pass it on to a loved one?
What if my children's future is impacted by coronavirus?
What is happening to the world?



Emotions
Fear
Scared
Sad
Frustrated

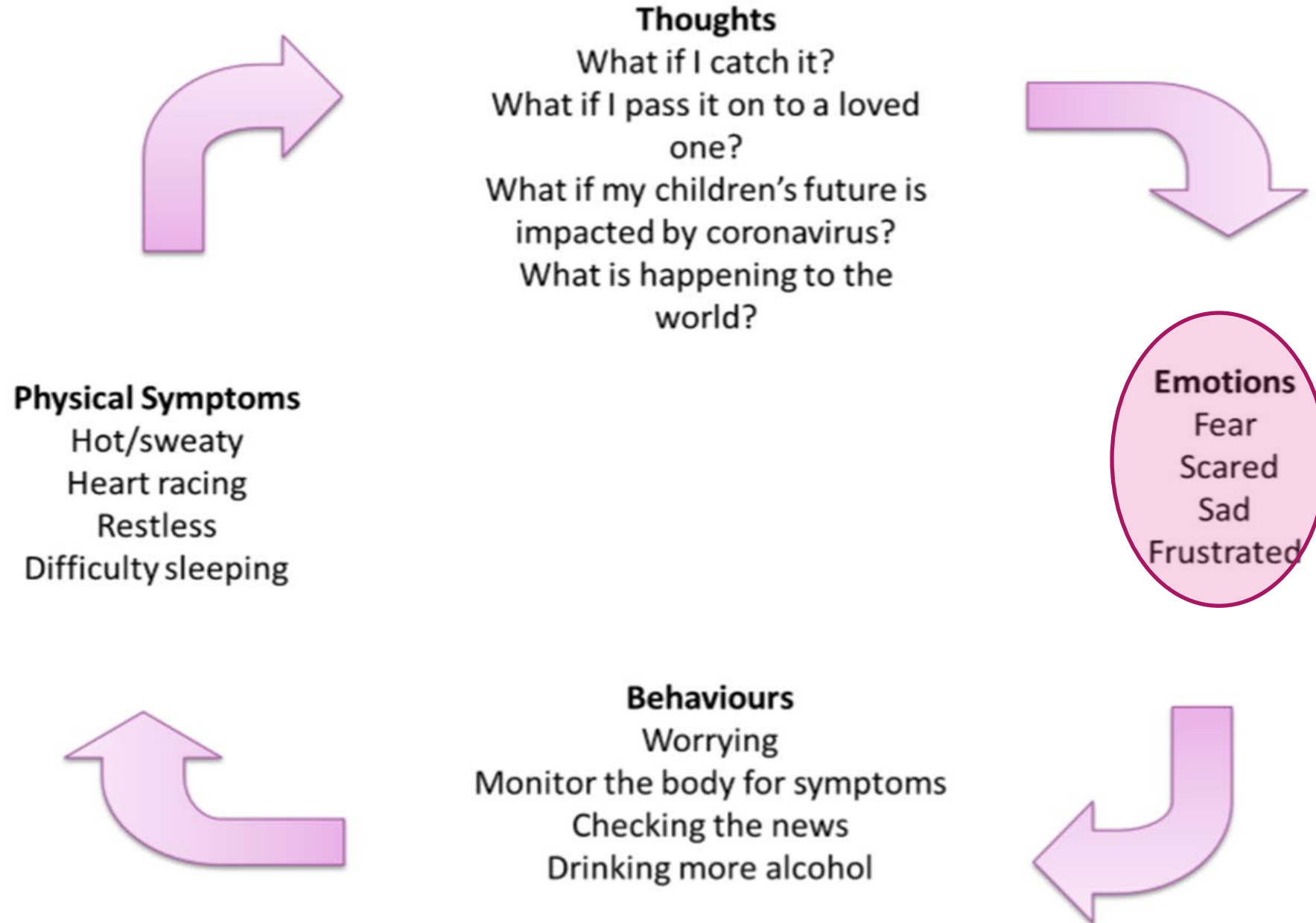
Physical Symptoms
Hot/sweaty
Heart racing
Restless
Difficulty sleeping



Behaviours
Worrying
Monitor the body for symptoms
Checking the news
Drinking more alcohol



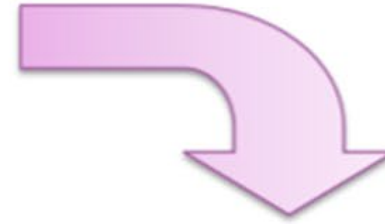
Fear cycle



We can control how we respond



Thoughts
What if I catch it?
What if I pass it on to a loved one?
What if my children's future is impacted by coronavirus?
What is happening to the world?



Physical Symptoms

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We can't control how we feel
We can control how we respond

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?

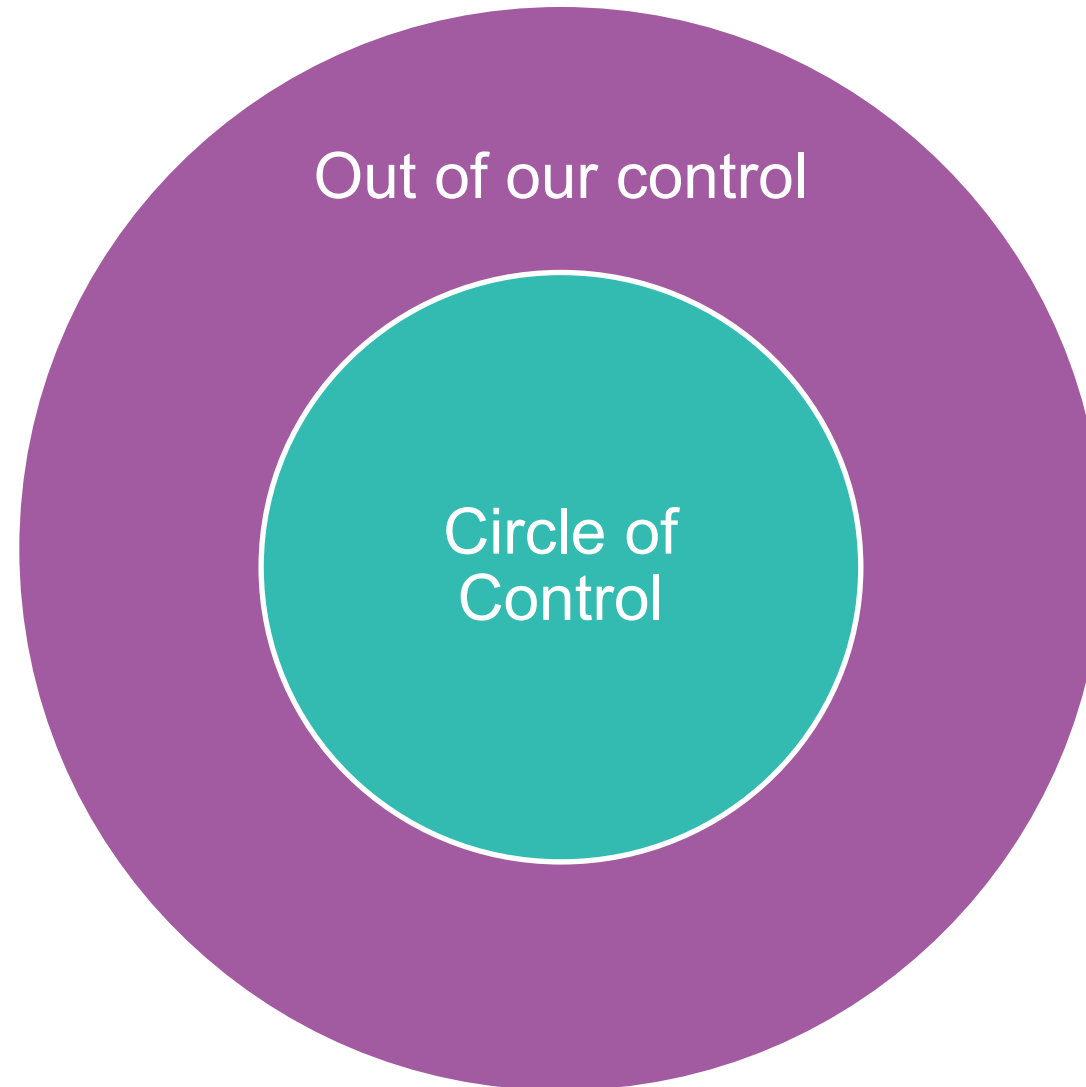
Anxiety before experiment: /10

Anxiety after experiment: /10

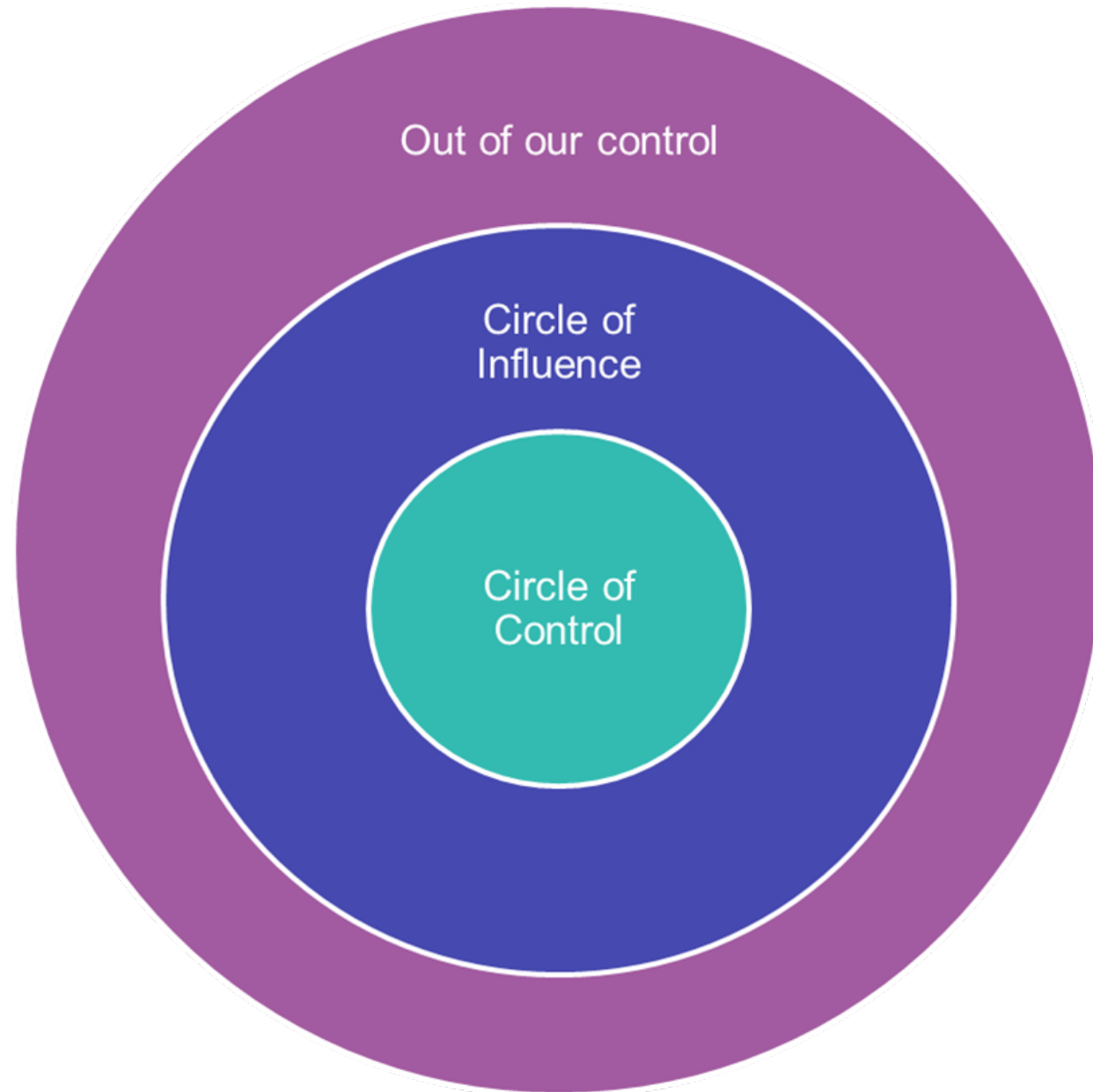


What are you concerned and worried about?

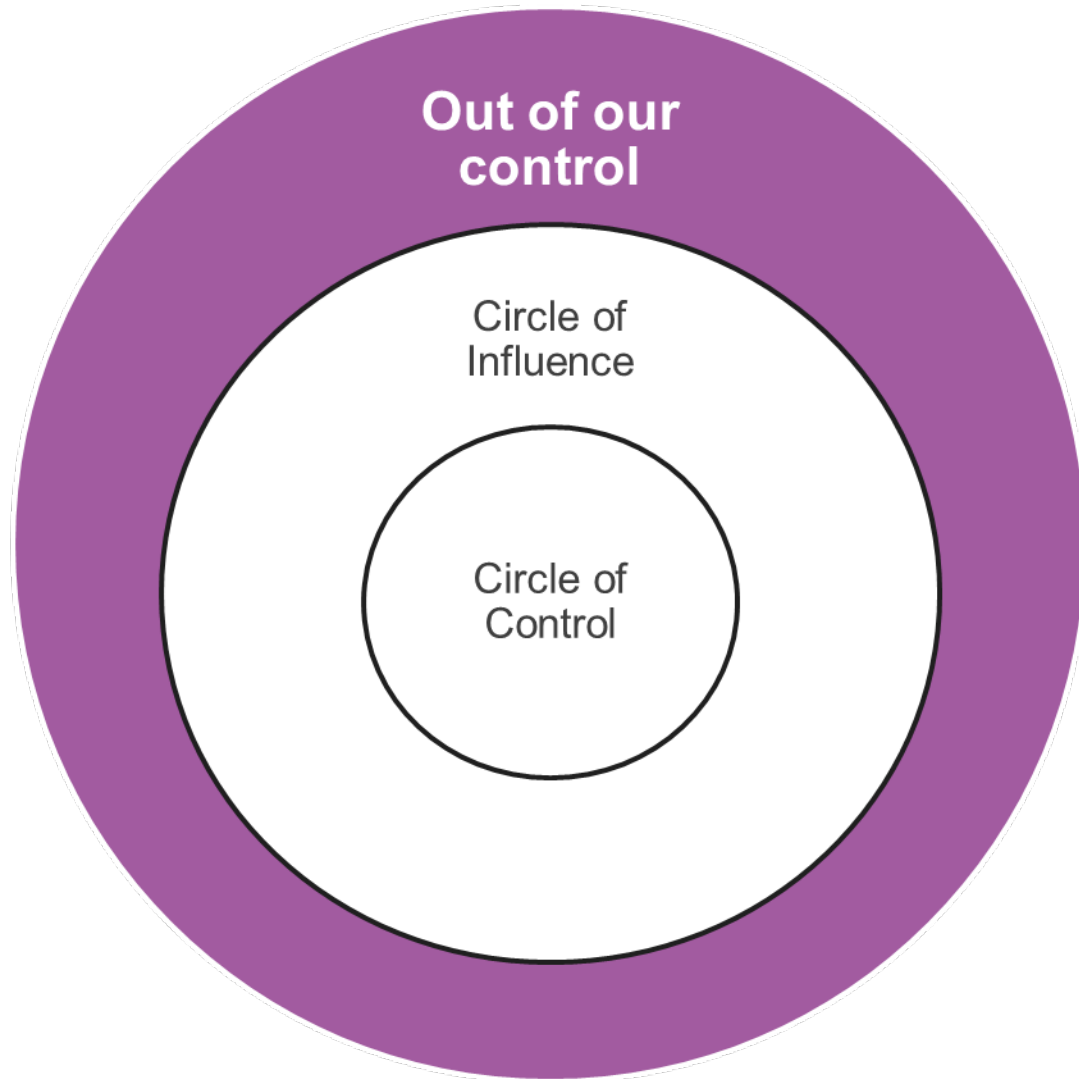
Circle of control



Control the controllable

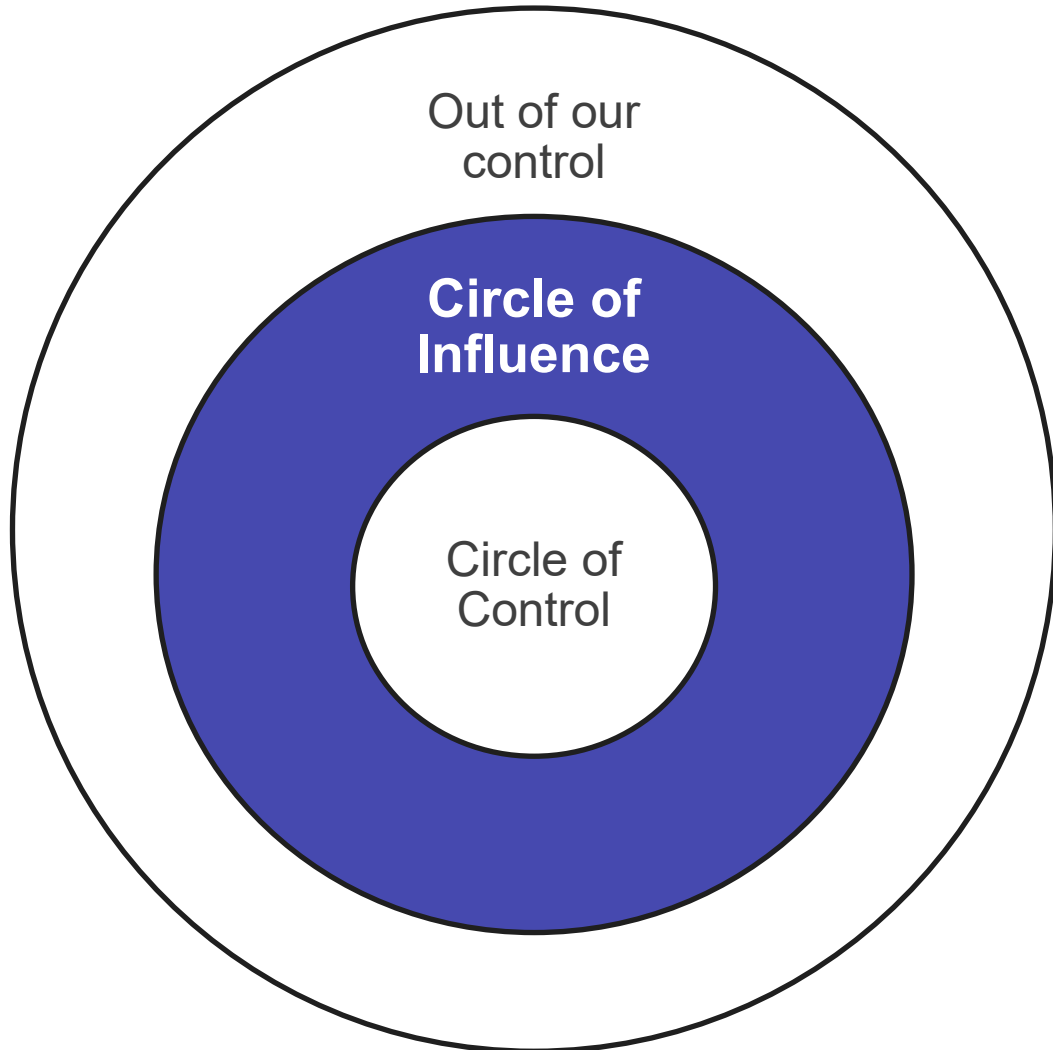


Control the controllable



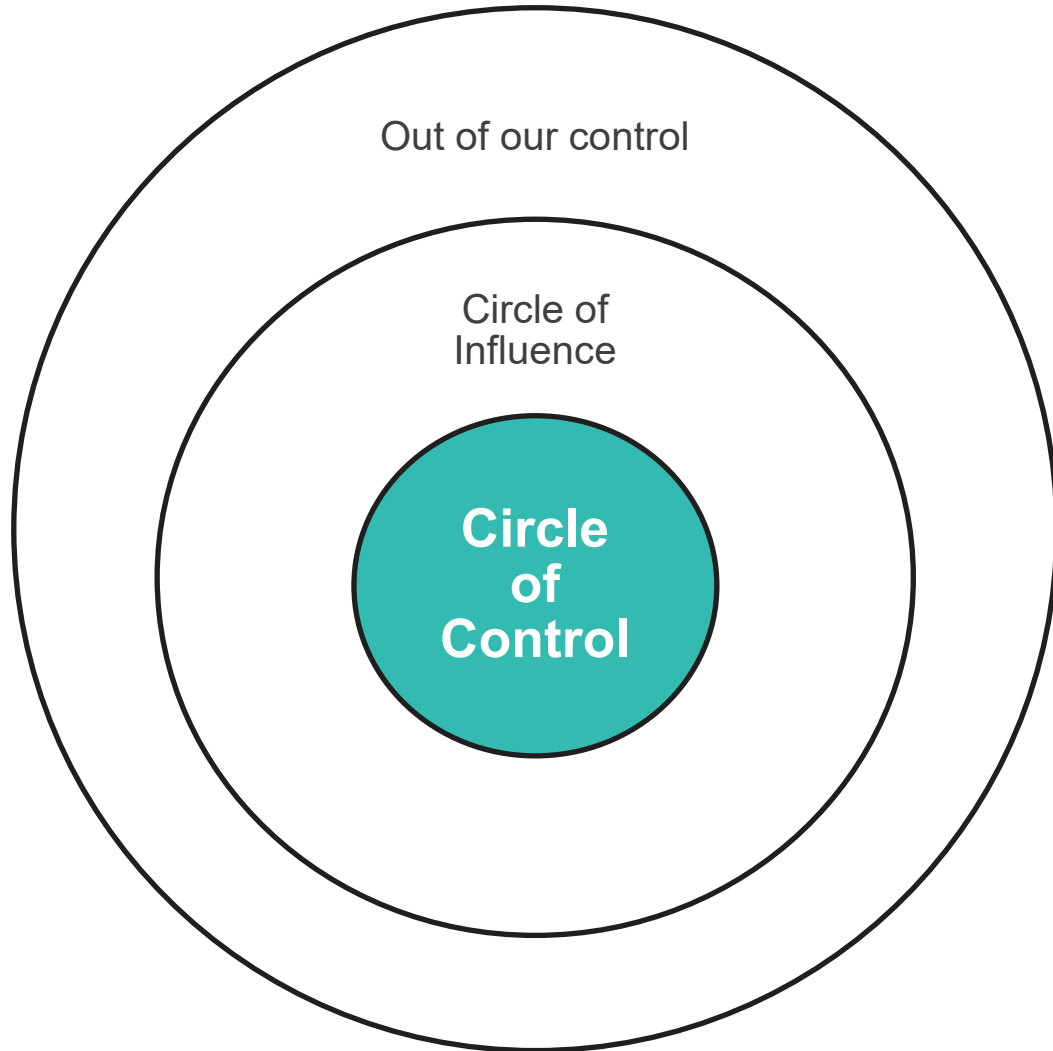
- We spend a lot of time worrying about things that we have ZERO control over.
- These are things we have no ability to change.
 - Weather
 - The past
 - Lockdown restrictions
 - Decisions made by our managers/organisations
- If we spend time worrying about these things all we are doing is causing ourselves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

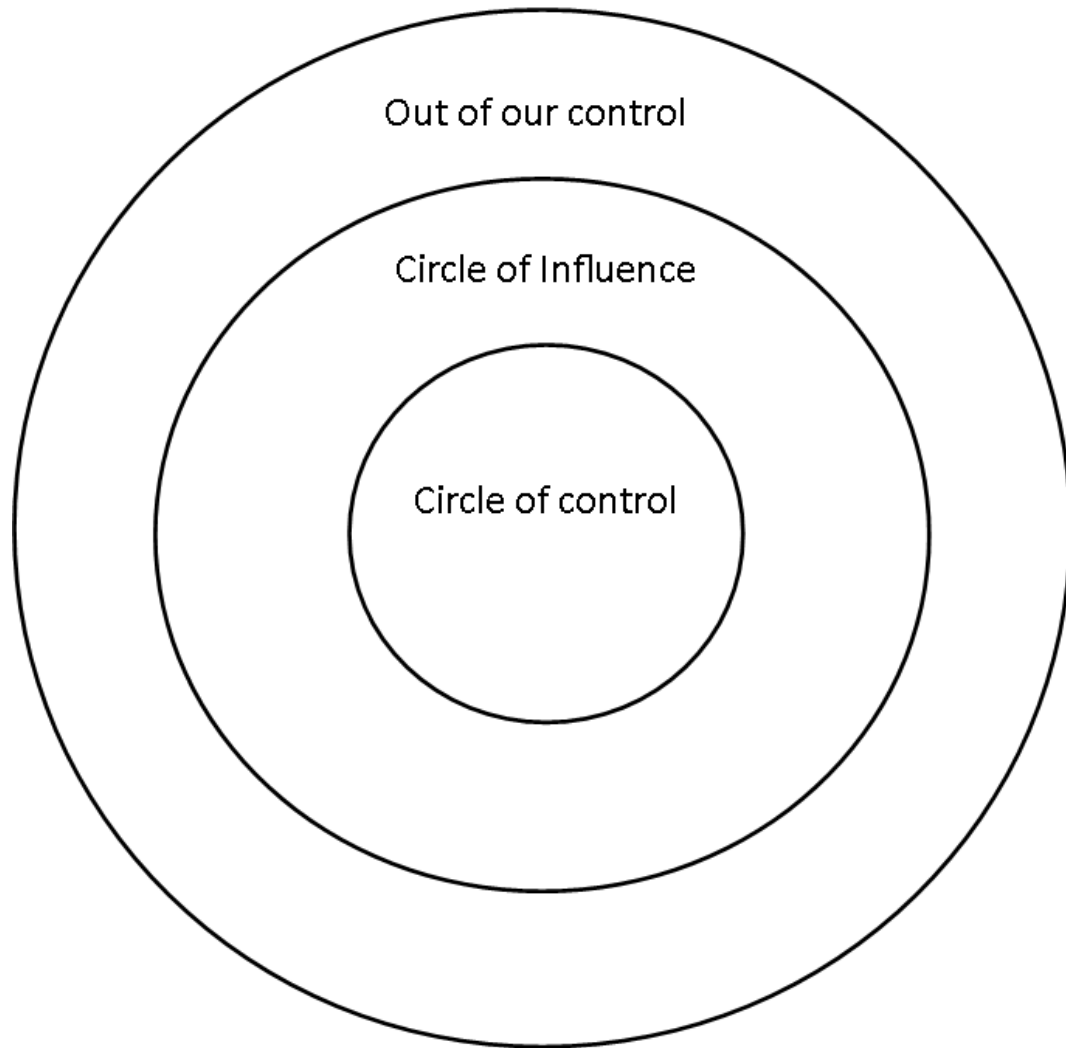


What are you concerned and worried about?

What CAN you control?

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

Control the controllable

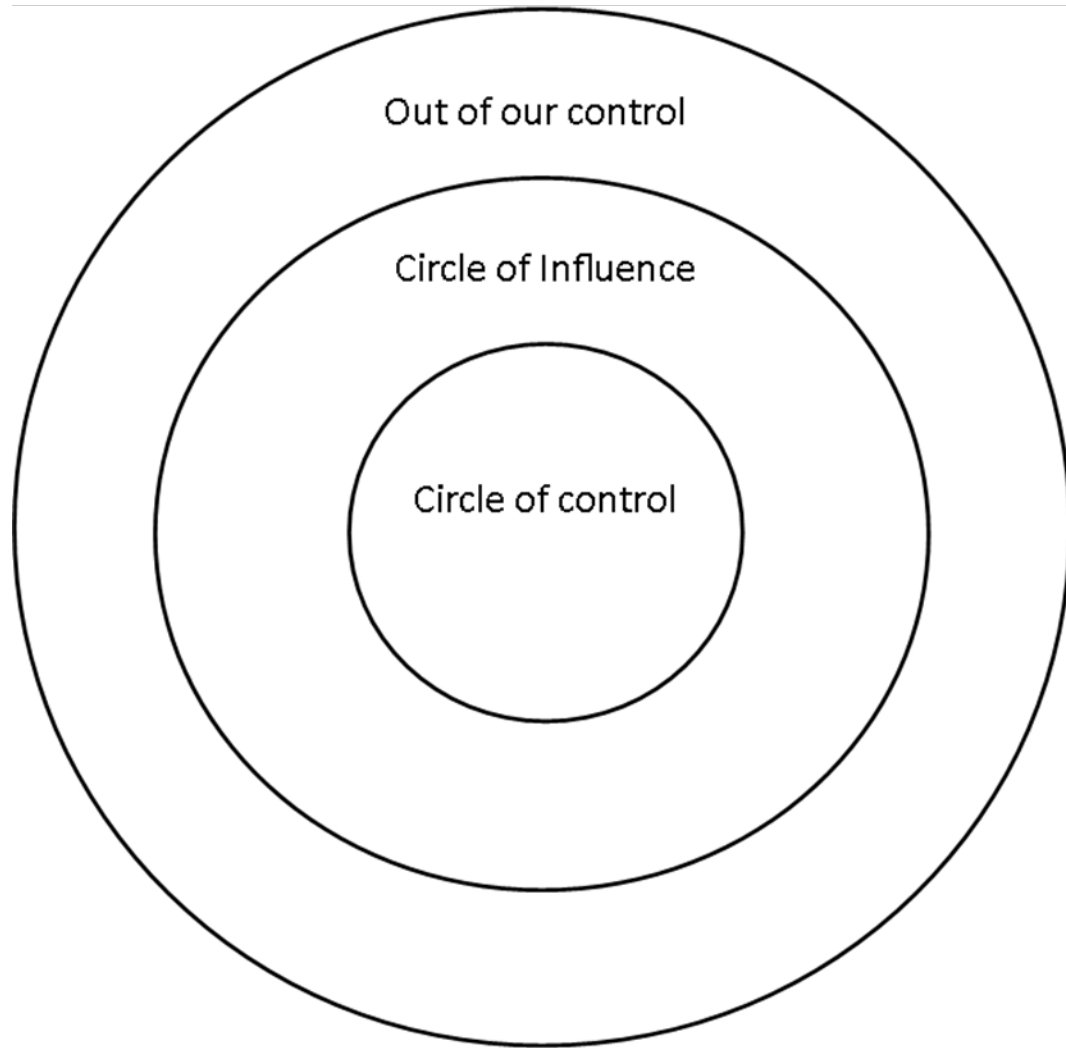


For example: we might be worrying about the impact of coronavirus on our children's future

Whilst we can influence them we cannot control the behaviour of our children

We can model positive coping
We can create fun memories
We can talk positively about our experiences
We can help them problem solve the challenges they face

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.

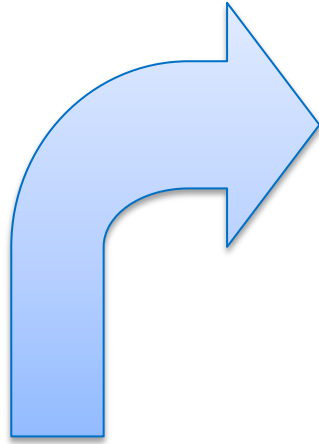
We may be able to check-in with our previous clinic or request an update.

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



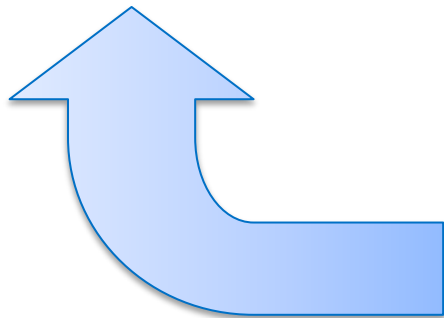
If this fear cycle has resonated with you then the good news is we have more planned in the coming weeks so look out for further webinars

Low mood cycle



Physical Symptoms

Difficulty sleeping
Lack of energy
No motivation
Loss of interest

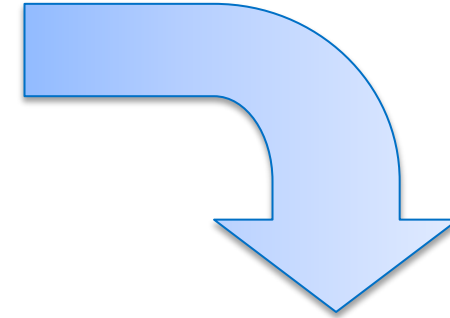


Thoughts

This is too much
I can't be bothered
I've got nothing to look forward to
I can't do anything that I love doing

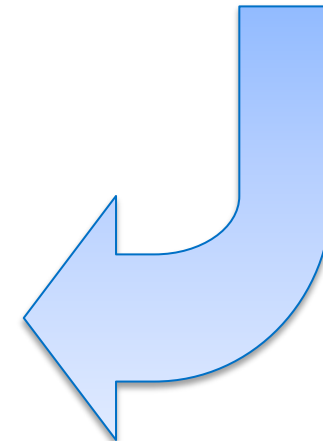
Behaviours

Procrastinate
Withdraw from friends
Comfort eating
Drink more alcohol
Not making plans

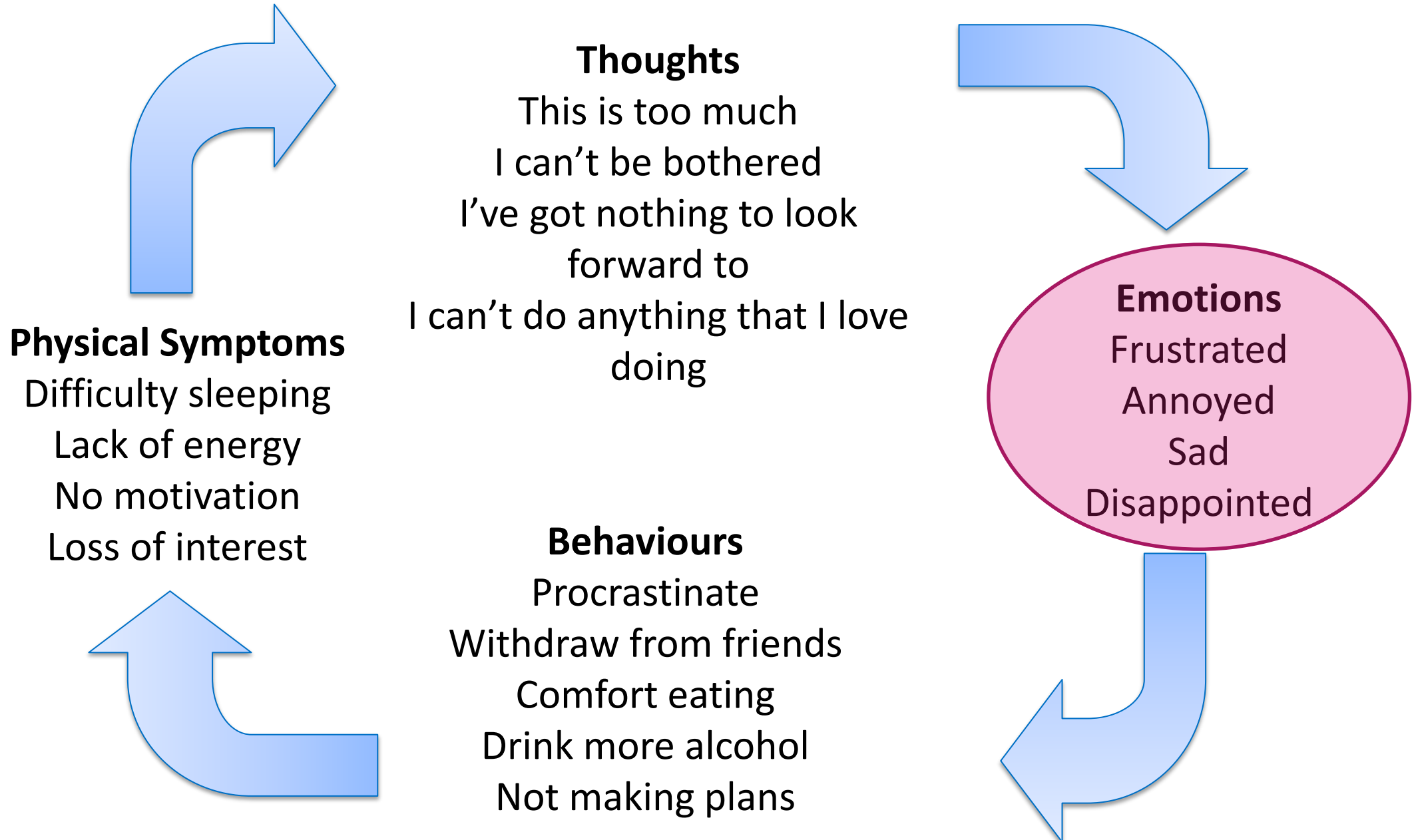


Emotions

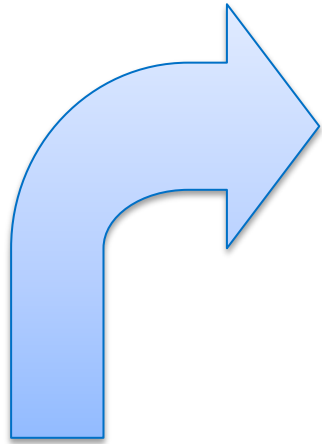
Frustrated
Annoyed
Sad
Disappointed



We can't control or change our emotions

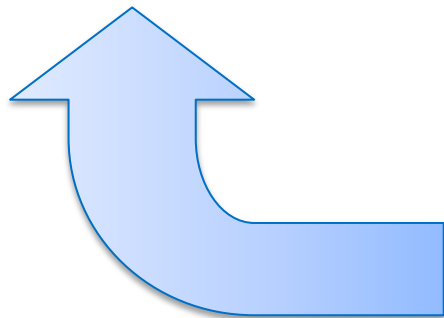


We can control how we respond



Physical Symptoms

Difficulty sleeping
Lack of energy
No motivation
Loss of interest

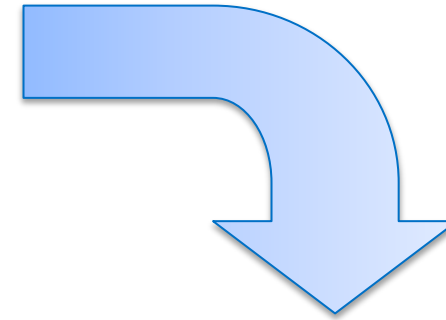


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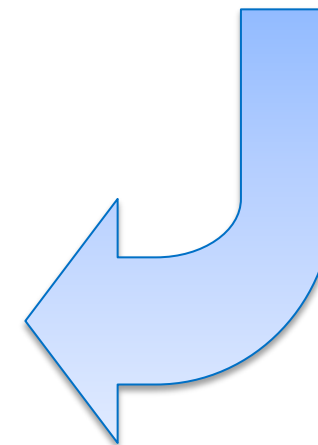
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Emotions

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Disappointed



Find your routine

- **Complete change of routine.**
 - **Working from home with children.**
 - **You might not be working.**
- A routine can help you to find a balance of activities to keep you busy and stop you dwelling on things.
- **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.**



- 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.

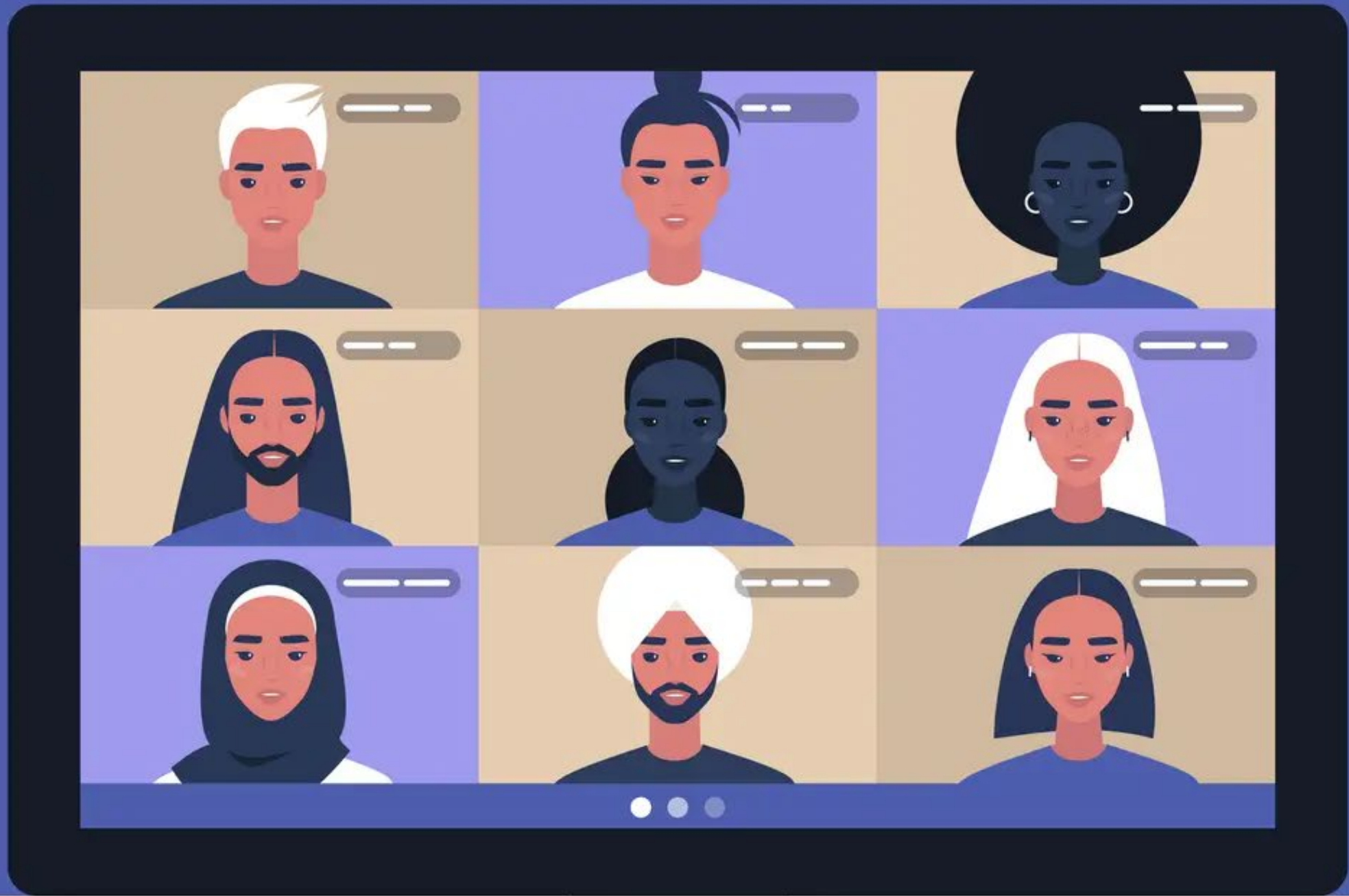


It might be hard to feel joyful right away, start small



Does anyone have any creative ideas about finding joy in lockdown?







Does anyone have any creative ideas about finding joy in lockdown?

- **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'.



If this low mood cycle has resonated with you then keep a look out for further webinars on managing low mood in future weeks

Take home messages

- We can't control how we feel, we **can** control **how we respond**.
- **Control the controllable**, don't spend your time and energy on something you cannot change. Focus on what is in your control.
- **Build a routine**, stick to the plan not your mood.
- **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.

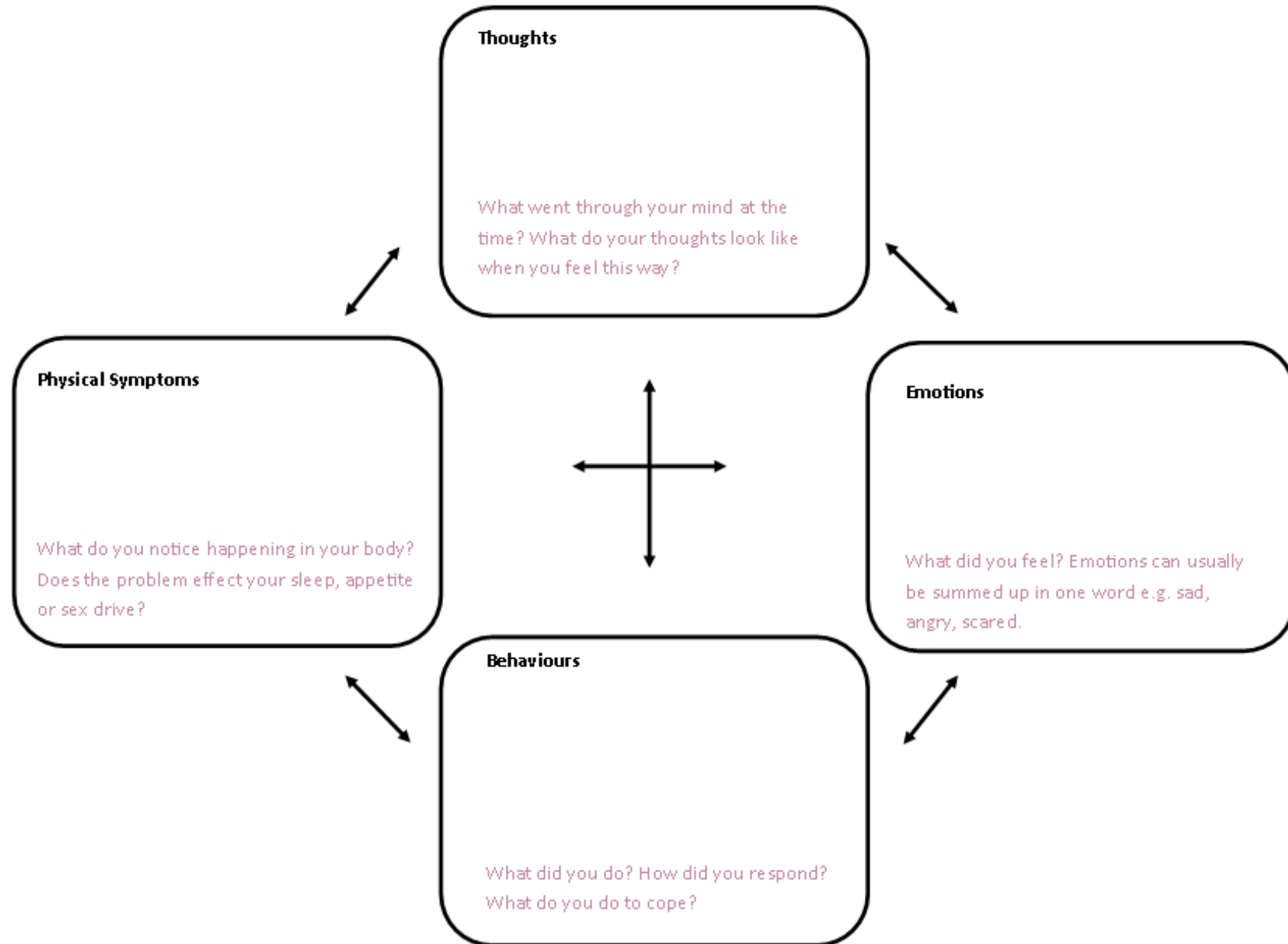
Choose one idea from today's webinar that you will action this week



Poll:

- A. Focus on what you can control
- B. Find a Routine
- C. Be creative in finding Joy
- D. Keep Active

Try it for yourself....






The next sessions in this webinar series are:

- Wednesday 31st March @ 4pm - **Managing Wellbeing**
- Tuesday 6th April @ 12.30pm – **Working From Home and Staying Well**
- Wednesday 7th April @ 4pm – **Working From Home and Staying Well**
- Tuesday 13th April @ 12.30pm – **Managing Worry and Fear**
- Wednesday 14th April @ 4pm – **Managing Worry and Fear**
- Tuesday 20th April @ 12.30pm - **Managing Low Mood and Burnout**
- Wednesday 21st April @ 4pm - **Managing Low Mood and Burnout**
- Tuesday 27th April @ 12.30pm - **Sleeping Better**
- Wednesday 28th April @ 4pm - **Sleeping Better**
- Tuesday 4th May @ 12.30pm - **Mindfulness**
- Wednesday 5th May @ 4pm – **Mindfulness**





You can register for these webinars here:

<https://thriveldn.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

-  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.
-  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/>

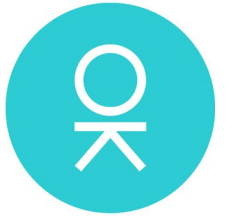
Other useful resources and links

-  NHS Every Mind Matters - https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAlaIQobChMlkjMo-Di6QIVnIBQBh01HQQFEAAYASAAEgKXUfD_BwE
-  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.



Towards happier, healthier lives for all Londoners.

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