



# Free Wellbeing Webinars

for Tower Hamlets residents 18+

## What is a Webinar?

- A webinar is a free 60-minute online information session focusing on a particular topic.
- It increases awareness and provides skill-based techniques to support your wellbeing
- It is a safe, confidential space with flexibility around how much you would like to participate
- There will be no more than 20 people in the webinar.

Diabetes

IBS

Staying Well

Perinatal

Managing Pain

Improving Sleep

Anxiety & Panic

Building Confidence

Building Confidence

Food, mood & eating

Managing Worry

Mindful Relaxation

Managing Stress

Relational

Depression

Unhelpful Thinking

For more information, visit:

[www.towerhamletstalkingtherapies.nhs.uk/wellbeingwebinars](http://www.towerhamletstalkingtherapies.nhs.uk/wellbeingwebinars)

<b>Webinar</b>	<b>Description</b>
<p style="text-align: center;"><i>Relational</i></p> <p><b>Please note:</b> This webinar is for those on the Relational individual and Relational Group Therapy wait list</p>	<p><b>AIMS:</b> Introduction to the S3 Relational Modality:</p> <ul style="list-style-type: none"> <li>• Introduction to emotions</li> <li>• Why we have emotions</li> <li>• Emotional regulation techniques</li> </ul>
<p style="text-align: center;"><i>Improving Sleep</i></p> <p>This webinar is aimed at those experiencing difficulties with getting to sleep or staying sleep.</p>	<p><b>AIMS:</b> help you to understand the theory underlying sleep and why sleep problems arise.</p> <ul style="list-style-type: none"> <li>• The nature of sleep cycles</li> <li>• Sleep in the context of low mood and anxiety (5 areas) <ul style="list-style-type: none"> <li>• Monitoring sleep using a diary</li> <li>• Sleep hygiene dos and don'ts</li> </ul> </li> </ul>
<p style="text-align: center;"><i>Anxiety &amp; Panic</i></p> <p>This webinar is aimed at those experiencing difficulties with anxiety and panic attacks.</p>	<p><b>AIMS:</b> help those people experiencing anxiety and panic attacks and introduces some helpful strategies to help you deal with them.</p> <ul style="list-style-type: none"> <li>• What is anxiety/subtypes <ul style="list-style-type: none"> <li>• 5 areas model</li> <li>• Fight flight freeze</li> <li>• Panic attacks</li> </ul> </li> <li>• Management strategies (we do not cover Graded exposure)</li> </ul>
<p style="text-align: center;"><i>Worry management</i></p> <p>This webinar is aimed at those experiencing difficulties with excessive worry.</p>	<p><b>AIMS:</b> To help you identify why we worry and steps to overcome it. It will also provide tools for practical problem solving</p> <ul style="list-style-type: none"> <li>• What is worry <ul style="list-style-type: none"> <li>• 5 area model</li> <li>• Thought suppression <ul style="list-style-type: none"> <li>• Worry tree</li> </ul> </li> </ul> </li> <li>• Worry time (hypothetical worry)</li> <li>• Problem solving (practical worry)</li> </ul>

## *Managing IBS & Digestive symptoms*

This webinar is aimed at those experiencing IBS or other digestive system symptoms which are having a significant impact on their daily functioning

*AIMS:* To offer a range of techniques for helping you manage your digestive system symptoms and improve your quality of life.

- What is IBS
- Brain-gut connection
- IBS cycle
- Balancing eat and activity patterns
- Stress Management – Top tips
- Breathing exercise

## *Managing Pain*

This webinar is aimed at those experiencing chronic pain which is having a significant impact on their daily functioning.

*AIMS:* to offer a range of techniques for helping you manage your pain and improve your quality of life.

- 5 areas model
- The Pain Cycle
- Understanding Deconditioning
- Boom and Bust
- Pacing and pacing
- Relaxation (Diaphragmatic breathing, Square breathing, Visualisation)
- Grounding exercises

## *Depression*

This webinar is aimed at those experiencing difficulties with low mood or depression.

*AIMS:* help you to understand what depression is and how it is maintained. This workshop also looks at what can be done to overcome depression and break out of the cycle we can find ourselves in.

- What is depression/ its causes
  - 5 areas model
- Brief behavioural activation psycho-ed
- Planning activities and using a schedule
  - SMART goals
  - 5 min rule

## *Stress management*

This webinar is aimed at those who are struggling with daily stress and feel unable to cope with it.

*AIMS:* help you to manage stressful situations effectively as well as building skills to support emotional wellbeing.

- Understanding stress in the context of CBT (5 areas)
  - Fight flight response
  - Stress bucket
  - Worry tree

	<ul style="list-style-type: none"> <li>• Problem focused coping – problem solving</li> <li>• Emotion focused coping – relaxation - square breathing</li> </ul>
<p><i>Unhelpful thinking</i></p> <p>This webinar is aimed at those who find themselves thinking negatively or unhelpfully about themselves or situations.</p>	<p><i>AIMS:</i> help you to identify the impact that thoughts have on how we feel and behave. It looks at the various unhelpful thinking styles and also how thoughts can be challenged.</p> <ul style="list-style-type: none"> <li>• CBT 5 areas model</li> <li>• Understanding negative thoughts <ul style="list-style-type: none"> <li>• Unhelpful thinking styles</li> </ul> </li> <li>• Challenging negative automatic thoughts (CR)</li> </ul>
<p><i>Building confidence</i></p> <p>This webinar is aimed as those who lack confidence in themselves which in turn affects their communication style.</p>	<p><i>AIMS:</i> offers tools and techniques to begin to challenge unhelpful behaviours, developing a more positive self-image, working on assertiveness and self-critical thoughts.</p> <ul style="list-style-type: none"> <li>• Defining confidence <ul style="list-style-type: none"> <li>• 5 areas model</li> </ul> </li> <li>• Poison parrot analogy</li> <li>• Reflecting on positive qualities and values through journaling</li> <li>• Communication styles (aggressive, passive and assertive) <ul style="list-style-type: none"> <li>• Tips for Assertiveness</li> </ul> </li> </ul>
<p><i>Building Resilience</i></p> <p>This webinar is aimed at those who struggle to deal with challenges and find it difficult to bounce back from setbacks.</p>	<p><i>AIMS:</i> introduce the five domains of resilience (purpose, self, connections, body and mind). In each domain you will be given information and tips on how to practically build your resilience while getting the most out of life.</p> <ul style="list-style-type: none"> <li>• 5 areas model</li> <li>• 5 domains of resilience</li> <li>• Purpose – living life with meaning and in line with our values.</li> <li>• Self – self compassion and appreciating our strengths</li> <li>• Connections – personal relationships and our communication style (assertiveness skills)</li> </ul>

	<ul style="list-style-type: none"> <li>• Body – stress bucket</li> <li>• Mind – having a balanced mind set and recognising unhelpful thinking styles</li> </ul>
<p><u>Mindful Relaxation</u></p> <p>This webinar is aimed at those who would like to learn some Mindful relaxation skills.</p>	<p><i>AIMS:</i> look at what it means to relax using mindfulness techniques and what situations it is important to relax in. It will provide different relaxation exercises that can be used outside of the workshop.</p> <ul style="list-style-type: none"> <li>• Defining relaxation</li> <li>• Diaphragmatic breathing (group exercise) <ul style="list-style-type: none"> <li>• Mindfulness overview</li> <li>• Mindful breathing (group exercise)</li> </ul> </li> <li>• Thought train (visualisation exercise)</li> <li>• Grounding technique (re-focusing 54321)</li> </ul>
<p><u>Diabetes</u></p> <p><i>This webinar is aimed at patients who are experiencing anxiety/depression due to having diabetes or it is making it harder to cope with managing with their condition</i></p>	<p><i>AIMS:</i></p> <ul style="list-style-type: none"> <li>• <i>Introduce idea of how diabetes impacts mental health and vice versa</i></li> <li>• <i>Normalise feelings around living with diabetes</i></li> <li>• <i>Introduce idea of diabetes burnout</i></li> <li>• <i>Learn technique to cope better and feel better both in body and mind</i> <ul style="list-style-type: none"> <li>• <i>Self-compassion</i></li> </ul> </li> </ul>
<p><u>Food, mood &amp; eating concerns</u></p> <p>This webinar is aimed at those experiencing a change in appetite and eating behaviours whilst experiencing anxiety and/or depression. It then aims to highlight coping mechanisms for disordered eating.</p>	<p><b><i>Aims:</i></b></p> <ul style="list-style-type: none"> <li>• Introduce the concept of disordered eating Vs eating disorders.</li> <li>• Discuss reasons for disordered eating and link to mental health problems</li> <li>• Introduce coping strategies for healthier eating and managing binge-eating behaviours.</li> </ul>
<p><u>Staying Well</u></p>	<p><i>AIMS:</i></p>

*This webinar is aimed at patients who are anxious or hesitant on discharge and would like a webinar as a reminder of how to stay well after treatment*

- Refresh memory of 5 area model and how to use this as part of the staying well plan
  - Look at lapse vs relapse
- Go through warning signs and triggers using the 5 area model
  - Create/adjust staying well plan
  - Reflect on treatment and useful skills

**Do not place any suitable patients for this webinar onto the IAPTUS group. Please continue discharge process as normal and adjust pathway to discharged and send me the name and iaptus number of patient. Alternatively, if a patient is unsure if they would like this webinar, you can send them the below link to register in future:  
<https://bit.ly/394Vv1p>**

## **Perinatal support**

These webinars are for Mums and Dads who are either expecting a baby or have a baby under 1 and who are feeling low in mood, anxious or isolated.

*AIMS:* To offer professional wellbeing support and an opportunity to share stories and gain advice from other parents who have similar experiences.

During the webinars, we will offer techniques to manage anxiety, low mood and confidence using the principles of cognitive behavioural therapy.

<p><b><i>Challenges in Parenthood</i></b></p> <p>This webinar is an introduction to the Baby Steps perinatal wellbeing webinar series.</p>	<p>AIMS: to explore common difficulties that arise in within the perinatal period</p> <ul style="list-style-type: none"> <li>• Introduction to perinatal mental health</li> <li>• Common feelings in early parenthood           <ul style="list-style-type: none"> <li>• Parenting skills</li> <li>• Support networks</li> <li>• Asking for help</li> </ul> </li> </ul>
<p><b><i>Low mood</i></b></p> <p>This webinar is aimed at people who are seeking techniques to manage their mood while pregnant or after becoming a new parent.</p>	<p>AIMS: to understand how low mood is maintained and learn practical techniques to improve mood.</p> <ul style="list-style-type: none"> <li>• Mood and activity levels in the perinatal period           <ul style="list-style-type: none"> <li>• Lethargy cycle</li> <li>• Balancing activities</li> <li>• Getting our needs met</li> <li>• Activity planning</li> </ul> </li> </ul>

<p><i>Worry Management</i></p> <p>This webinar is designed for people who would like to learn how to manage worry more effectively during the perinatal period.</p>	<p>AIMS: to increase awareness of worry, understand when it is helpful and when it is not; and to learn techniques to disengage from worry</p> <ul style="list-style-type: none"> <li>• Worry and the perinatal period <ul style="list-style-type: none"> <li>• Different types of worry <ul style="list-style-type: none"> <li>• Worry tree</li> <li>• Worry Time</li> </ul> </li> <li>• Attention training</li> </ul> </li> </ul>
<p><i>Communication</i></p> <p>This webinar is aimed at people who are interested in learning how to communicate effectively or overcome changes in communication needs in the perinatal period.</p>	<p>AIMS: To understand how our emotions interact with our communication skills and learn techniques to help us communicate well with others.</p> <ul style="list-style-type: none"> <li>• Changes in communication needs <ul style="list-style-type: none"> <li>• Communication styles</li> </ul> </li> <li>• Emotions and communication</li> <li>• Tools for assertive communication</li> </ul>
<p><i>Thinking Errors</i></p> <p>This webinar is aimed at people who would like to learn strategies to add flexibility to their thinking and overcome self-criticism.</p>	<p>AIMS: To explore the relationship between thinking and feeling and to learn how to achieve more balanced thinking styles.</p> <ul style="list-style-type: none"> <li>• Thinking/Feeling connection <ul style="list-style-type: none"> <li>• Fact vs. opinion</li> </ul> </li> <li>• Types of unhelpful thinking <ul style="list-style-type: none"> <li>• Letting thoughts go</li> <li>• Thought Challenging</li> </ul> </li> </ul>
<p><i>Sleep</i></p> <p>This webinar is designed for expectant or new parents who would like to learn more about how to manage the impact of difficulty sleeping during the perinatal period.</p>	<p>AIMS: To better understand the nature of sleep in adults and babies, techniques to improve sleep for you and baby and to manage the emotional impact of poor sleep.</p> <ul style="list-style-type: none"> <li>• The relationship between sleep and mood <ul style="list-style-type: none"> <li>• Sleep cycles in babies and adults</li> <li>• Helping you and baby sleep better</li> </ul> </li> </ul> <p>Coping with emotional impact of disrupted sleep</p>