

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.





**Healthy London
Partnership**

Coping well during Covid: *Managing Low Mood*

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

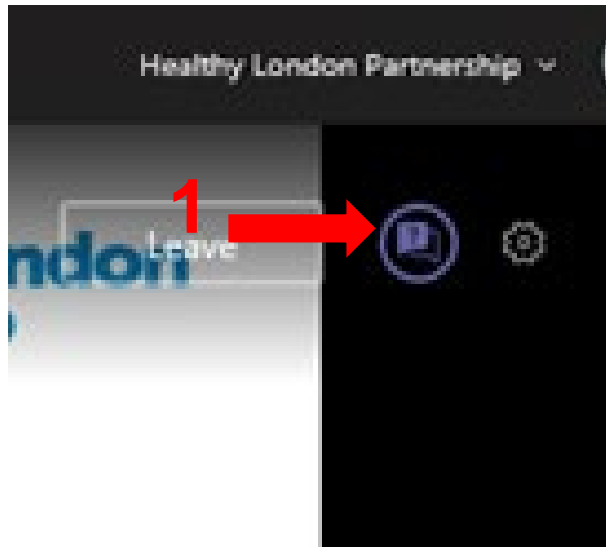
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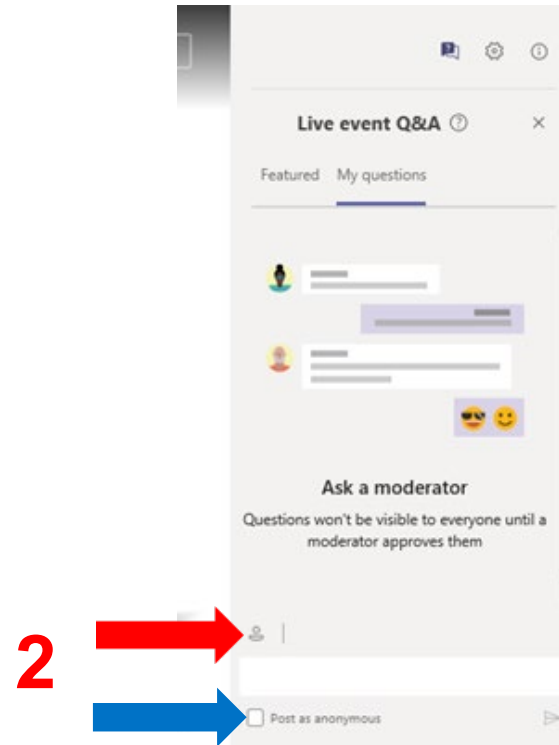
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London's NHS organisations include all of London's CCGs, NHS England and Health Education England

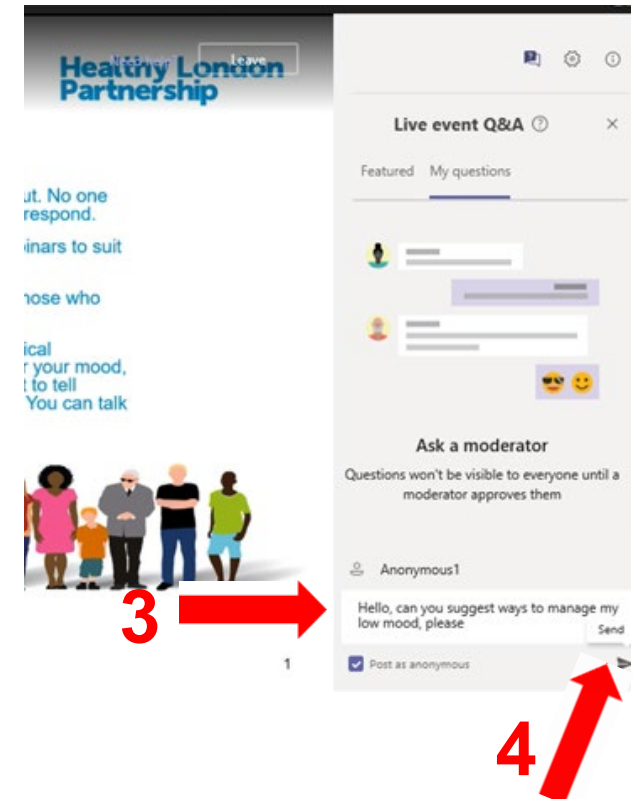
How to use Q/A during webinar



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.

Tell us about you

In the Q/A please like the relevant one:

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)

Question



What do you hope to get out of this webinar?

What to expect



- 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?

Question



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.

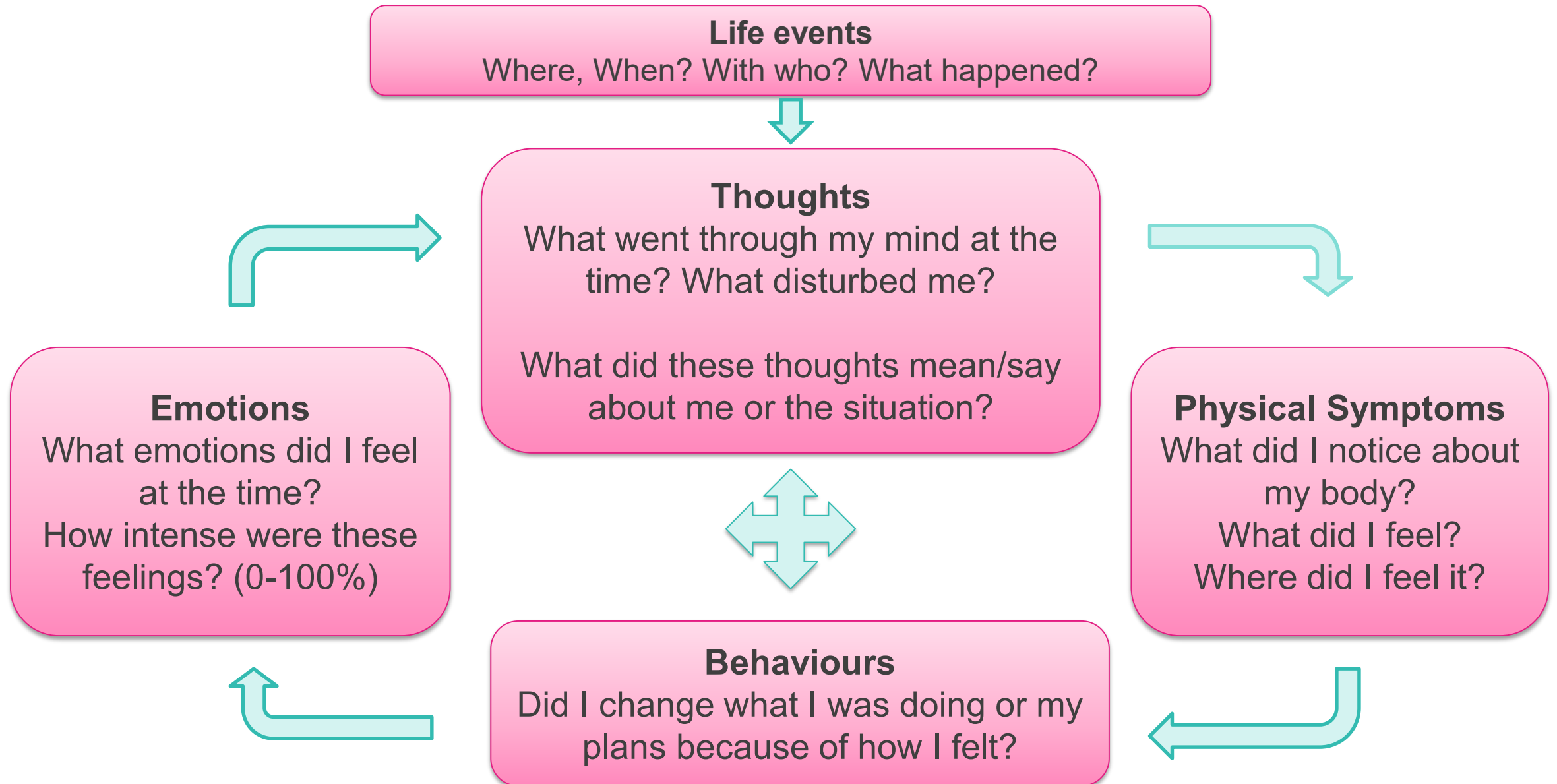
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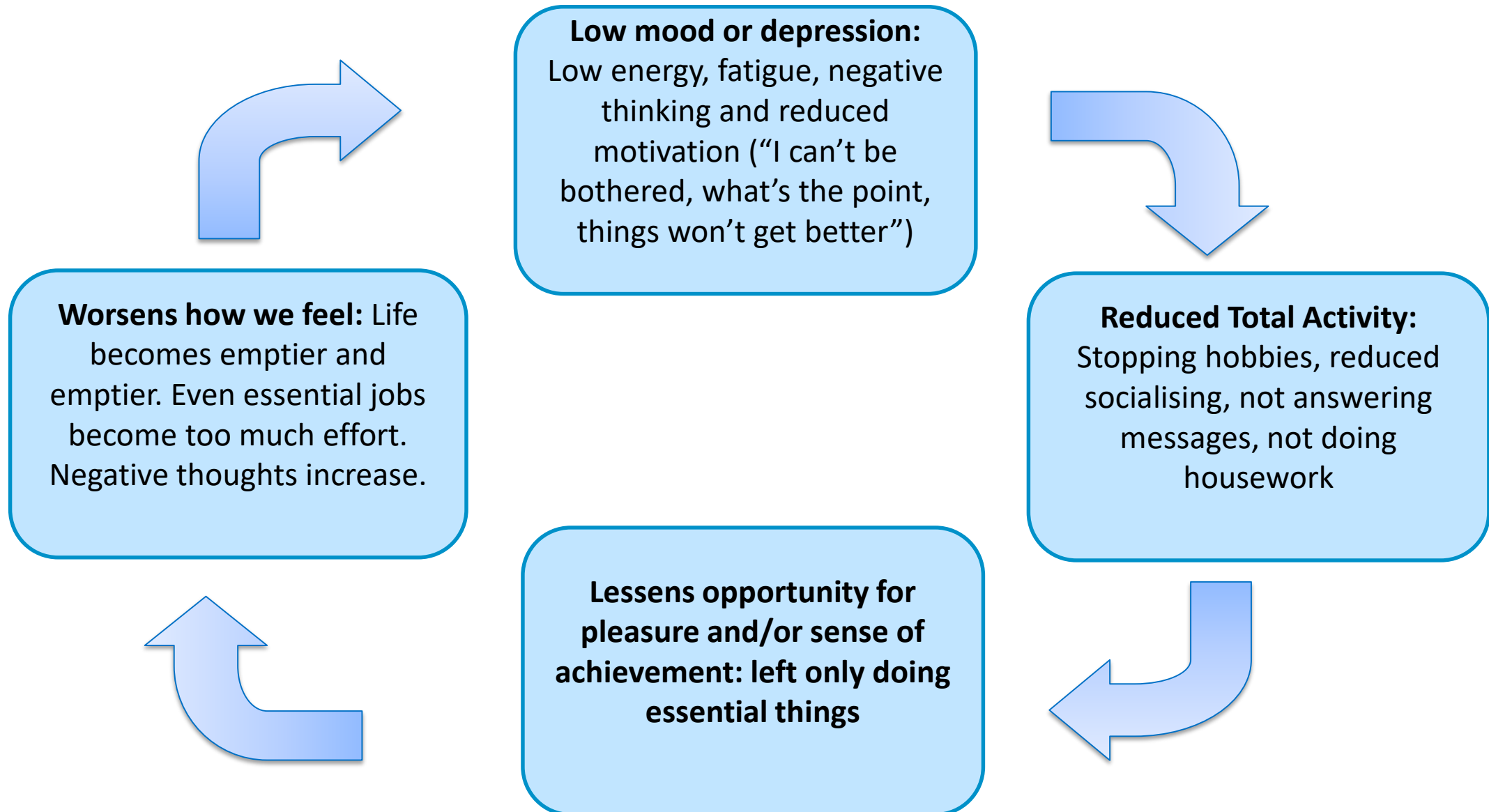


What are you finding the most difficult?

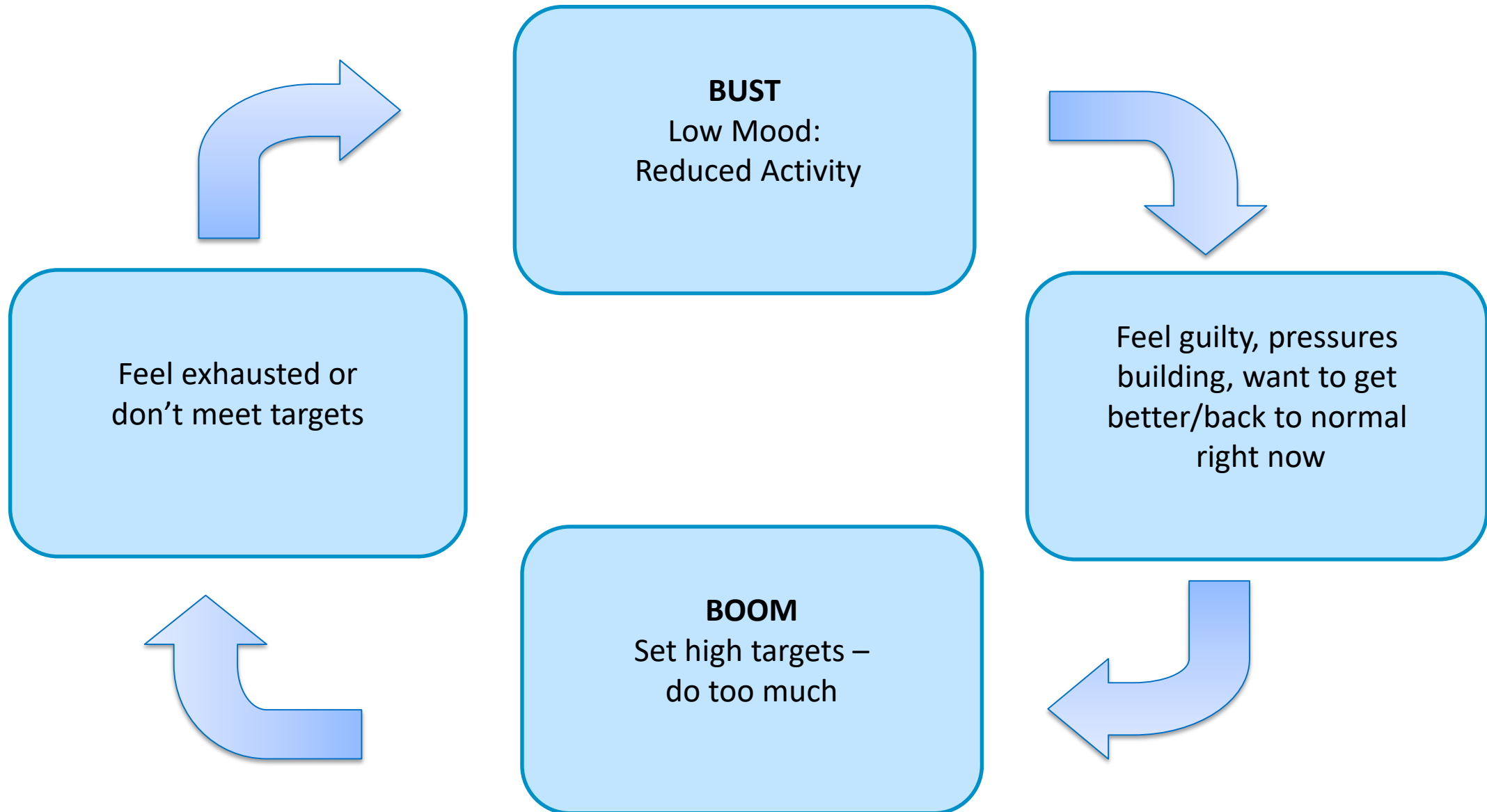
The Five Areas Model



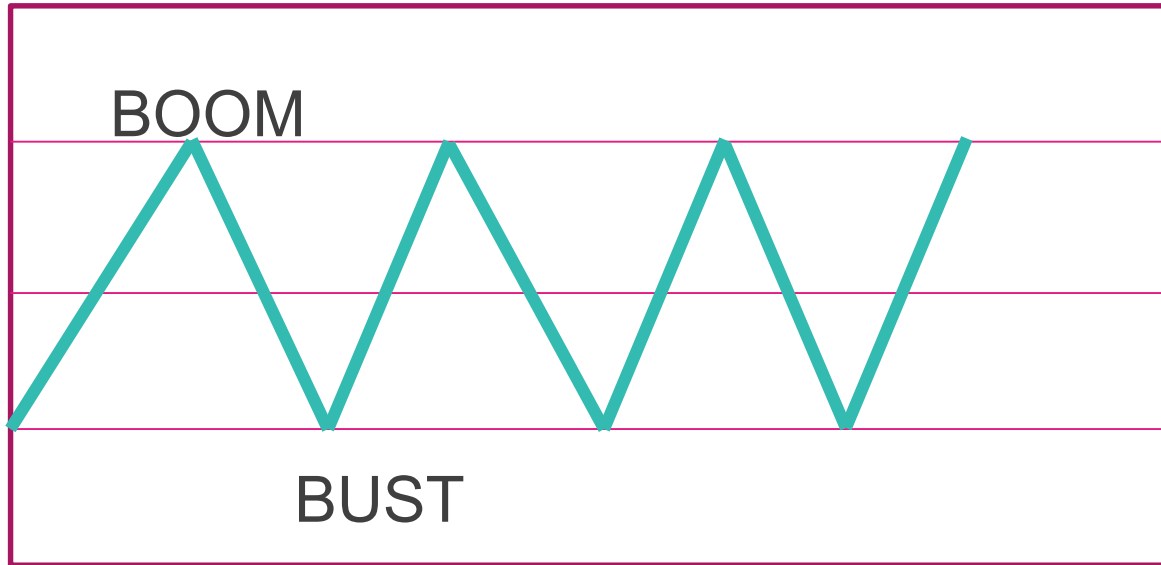
Reduced Activity Cycle



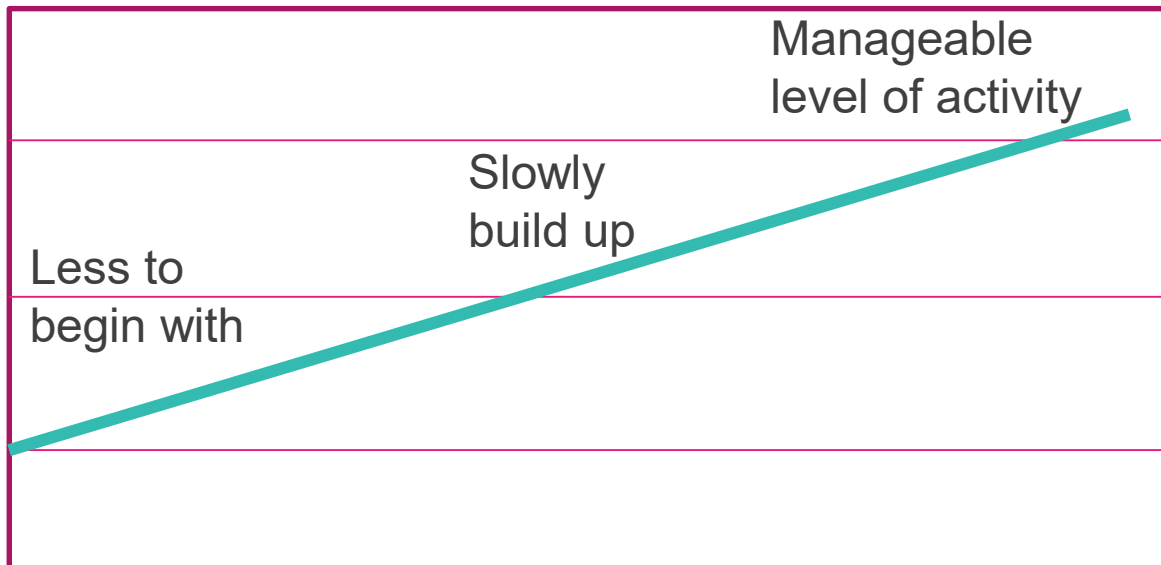
Boom & Bust Cycle



Boom & Bust Cycle



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

Behavioural Activation

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. As you go through the weeks, gradually include activities from the **medium** and **difficult** categories.

If there is a **necessary** activity which needs to be completed within a certain time, we need to schedule this activity even if it is in the medium or difficult category of your hierarchy. We may need to break this task down into stages.

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?

Finding joy in lockdown

- Because of lockdown restrictions 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



Question



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

Activity

| Before lockdown | What I enjoyed about this activity | Adaptation to restrictions |
|-----------------------------|--|--|
| 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?

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.**

Keep active



- 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'.

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**?
- Act from the **outside-in**
- **Schedule** a balance of activities: routine, necessary and pleasurable
- **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.

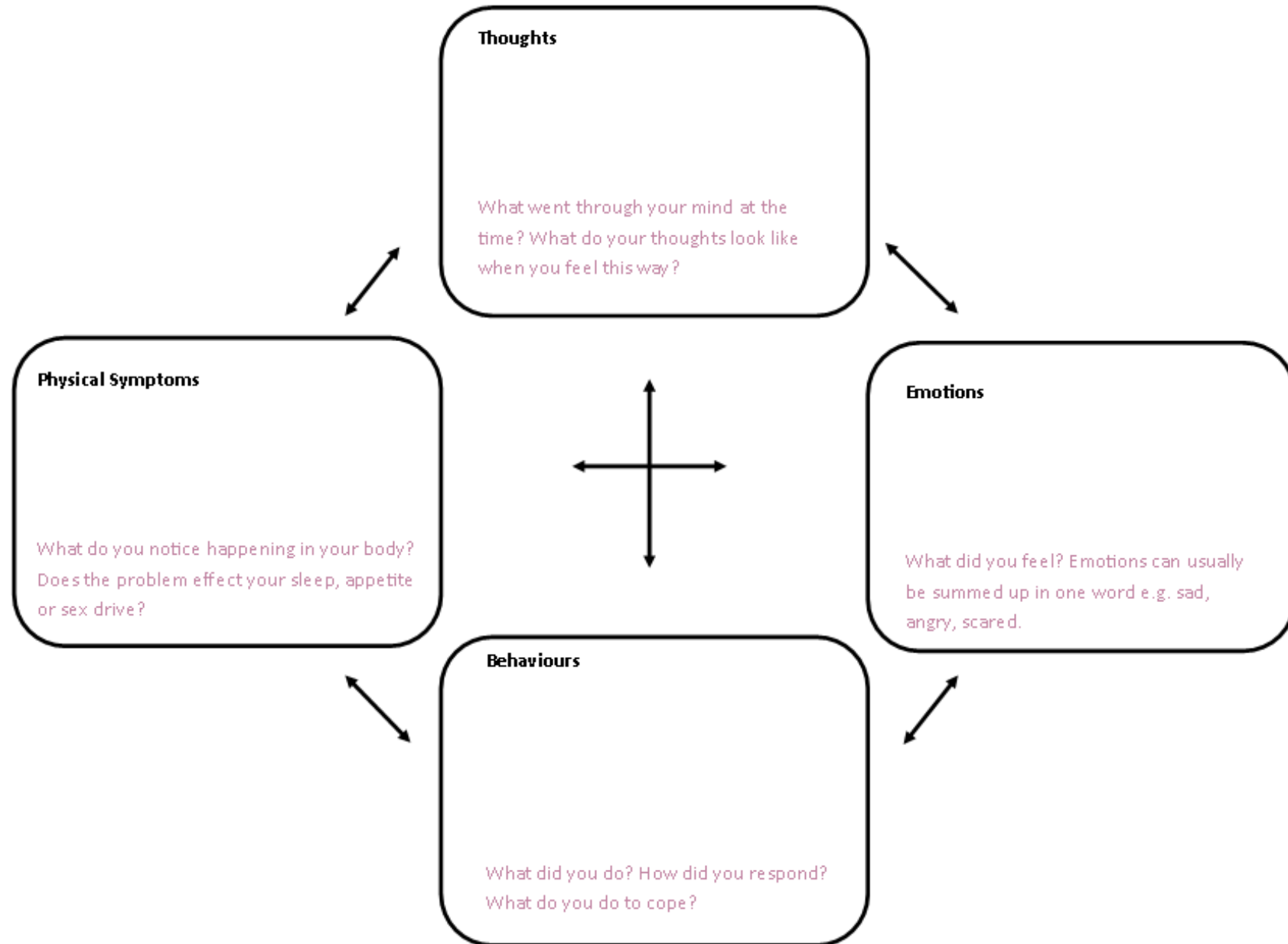
Choose one idea from today's webinar you will action this week



Poll:

- A.** Act from the outside-in
- B.** Schedule a balance of activities
- C.** Be creative in finding Joy
- D.** Keep Active

Try it for yourself....



Coming up...




The next sessions in this webinar series are:

- Thursday 18th June – *Managing Sleep*





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-Di6QIVnIBQBh01HQQFEAAAYASAAEgKXUfD_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-finance/?from=onsite-banner>



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/

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

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