

# Welcome

- Lines are automatically muted on entry to the webinar
- Please use the CHAT 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 Wellbeing*

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

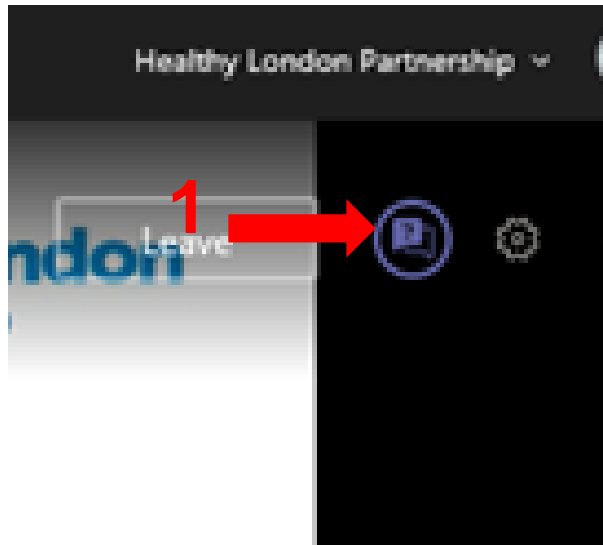
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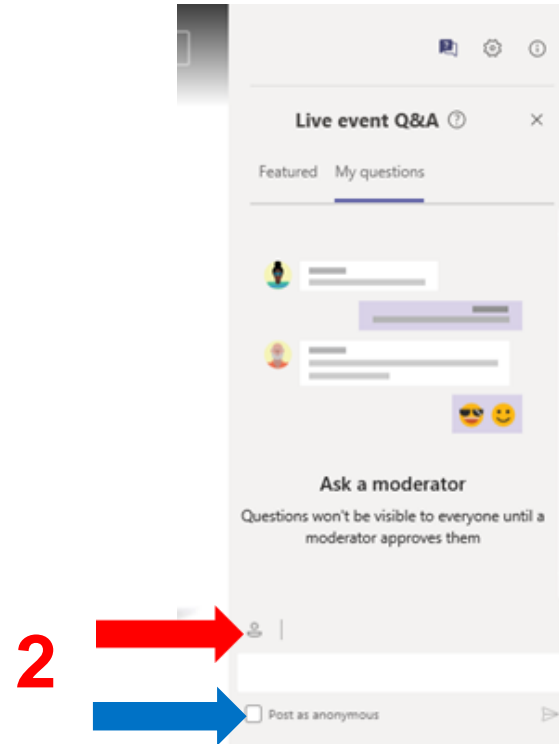
SUPPORTED BY  
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London's NHS organisations include all of London's CCGs, NHS England and Health Education England

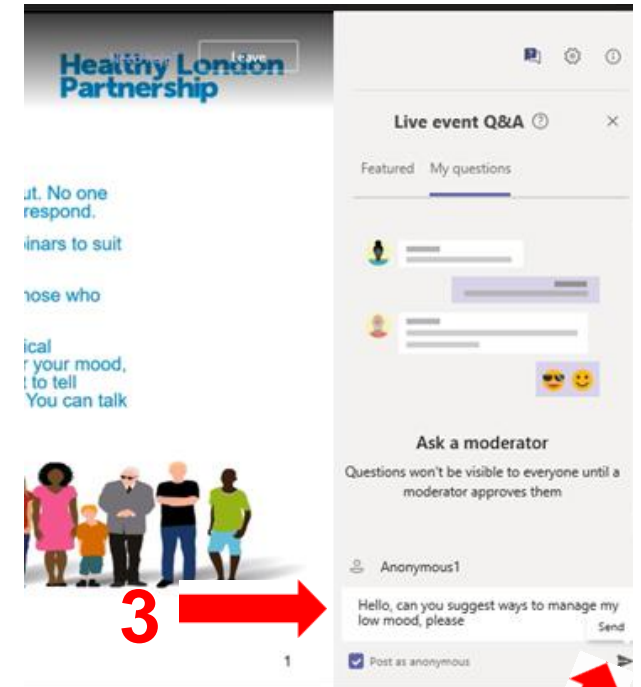
# How to use Q/A during webinar



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

**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?**

**What content would you find helpful in future sessions?**

# 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 fear and Low Mood.**
- **How to break into those vicious cycles and improve our mood.**



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

**What content would you find helpful in future sessions?**



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



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

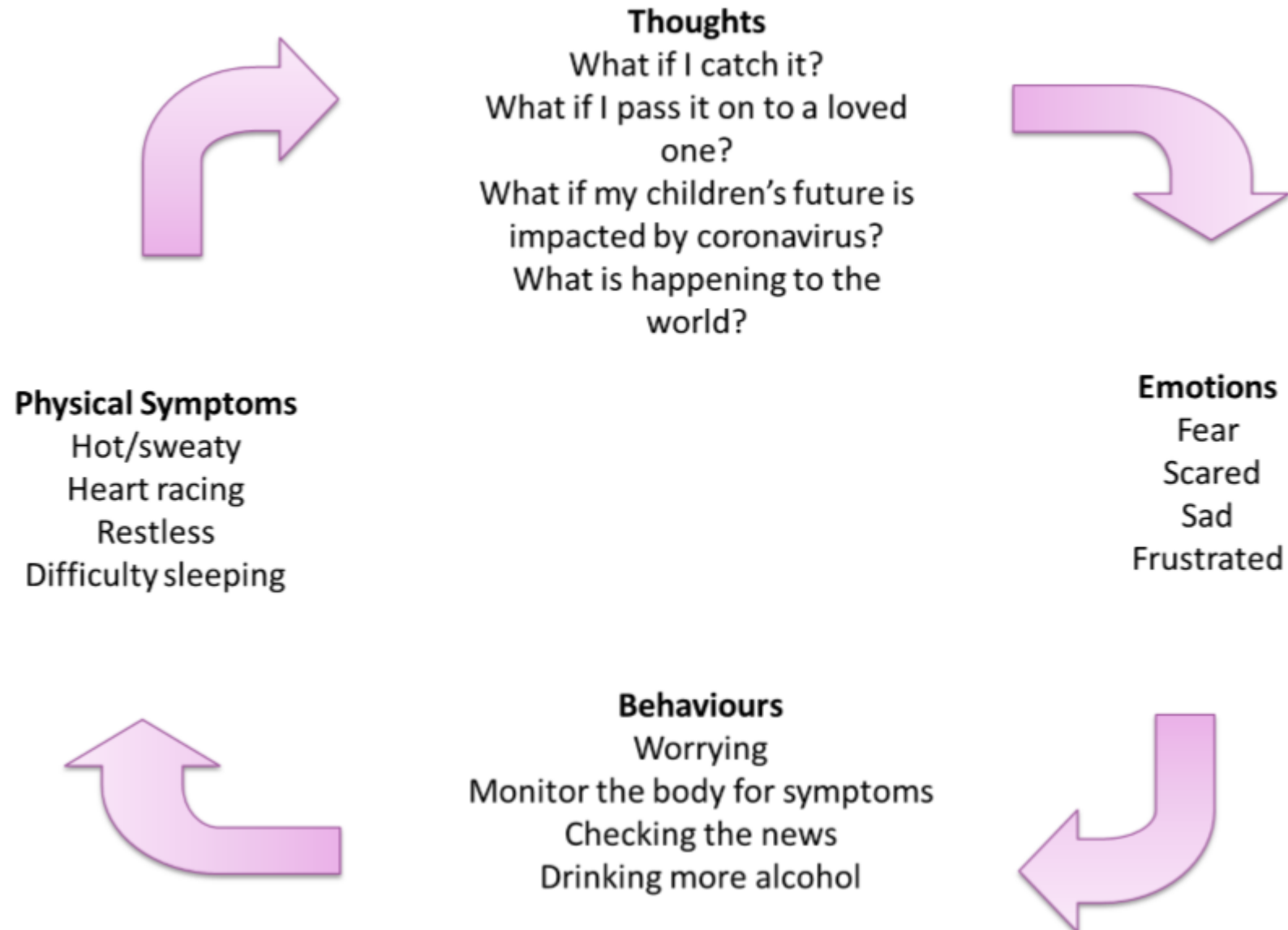
If you need urgent support right now...

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**.

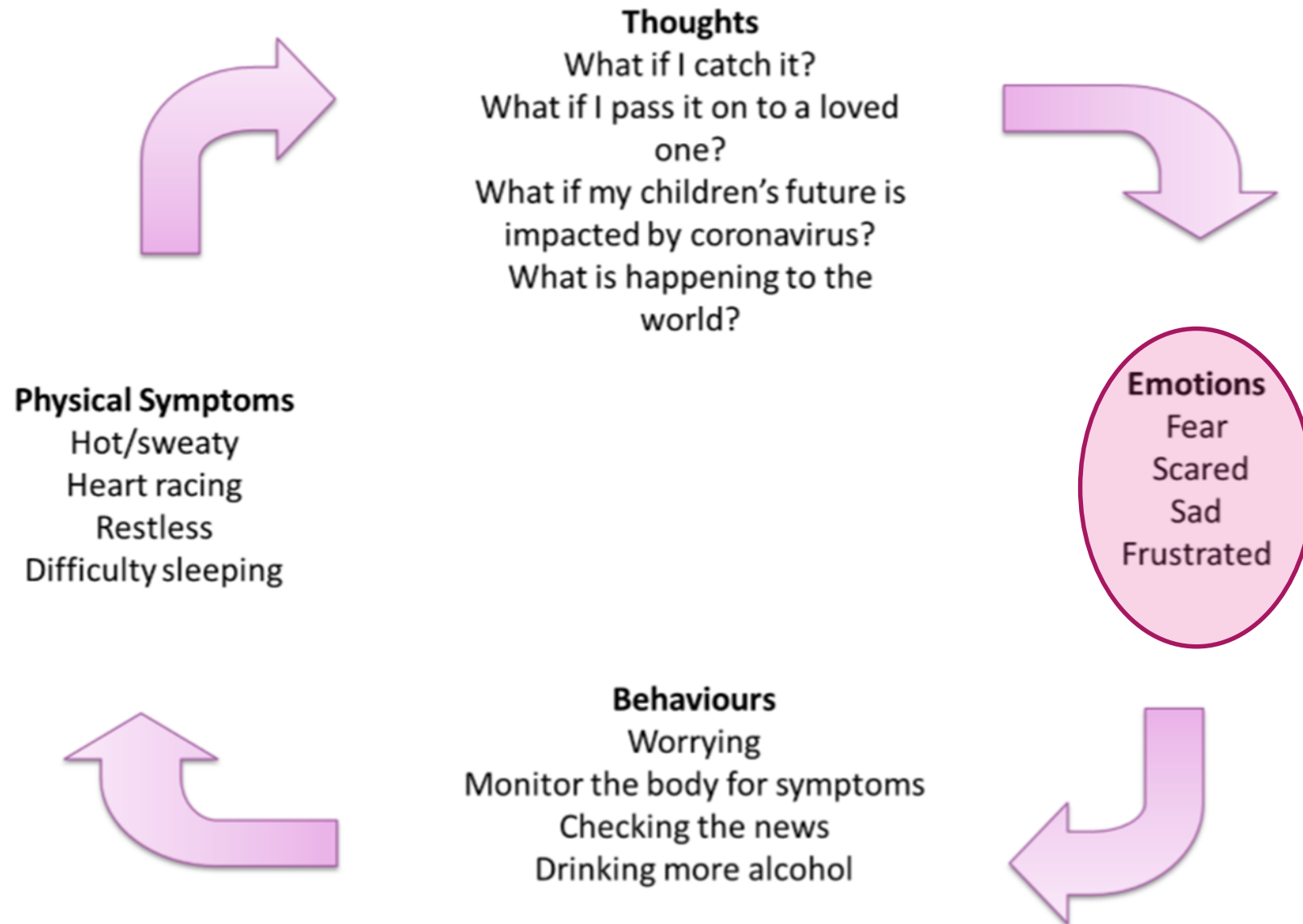


**What are you finding the most difficult?**

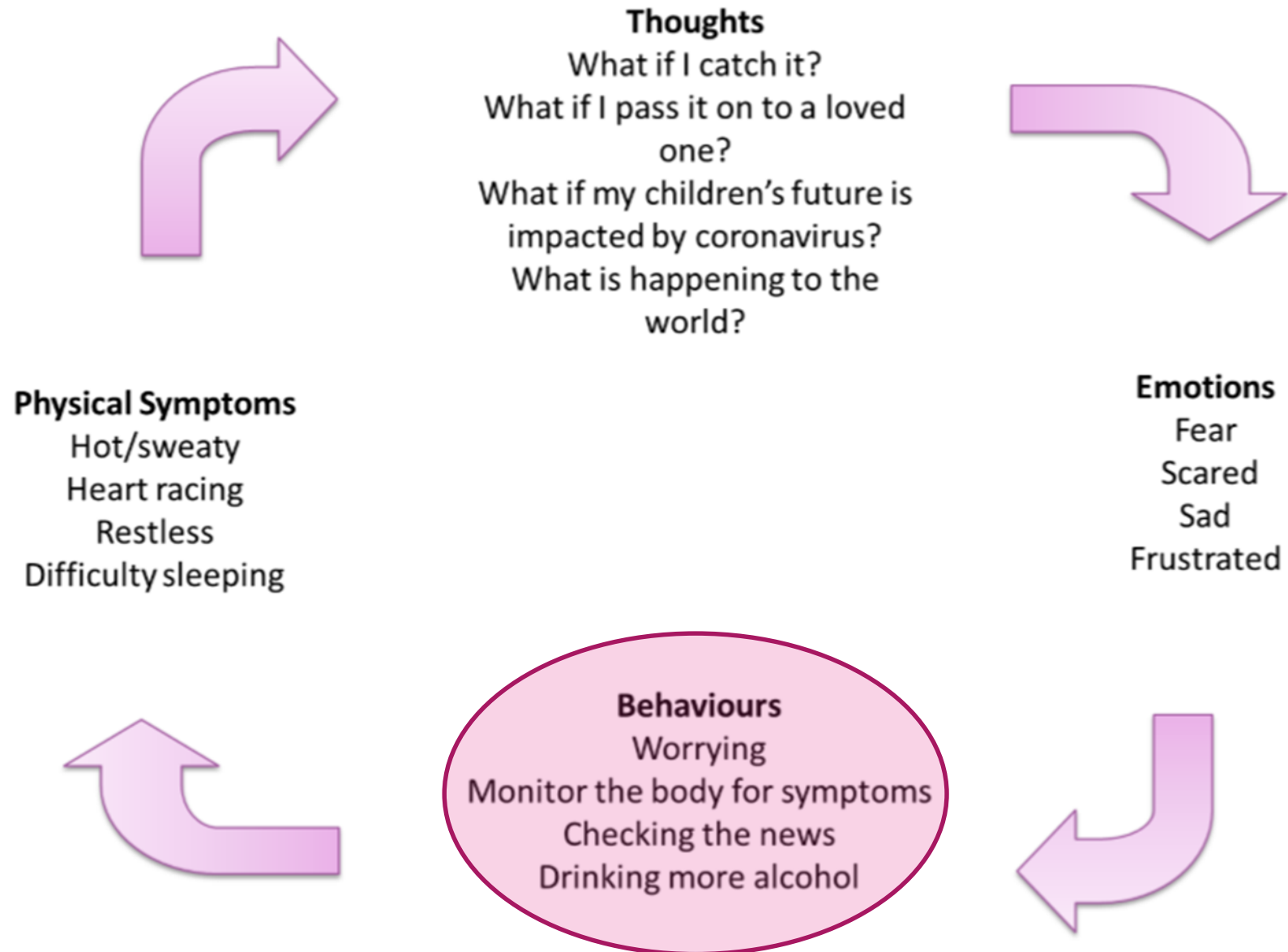
# Fear cycle



# Fear cycle



# We can control how we respond



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

# Is worry useful?

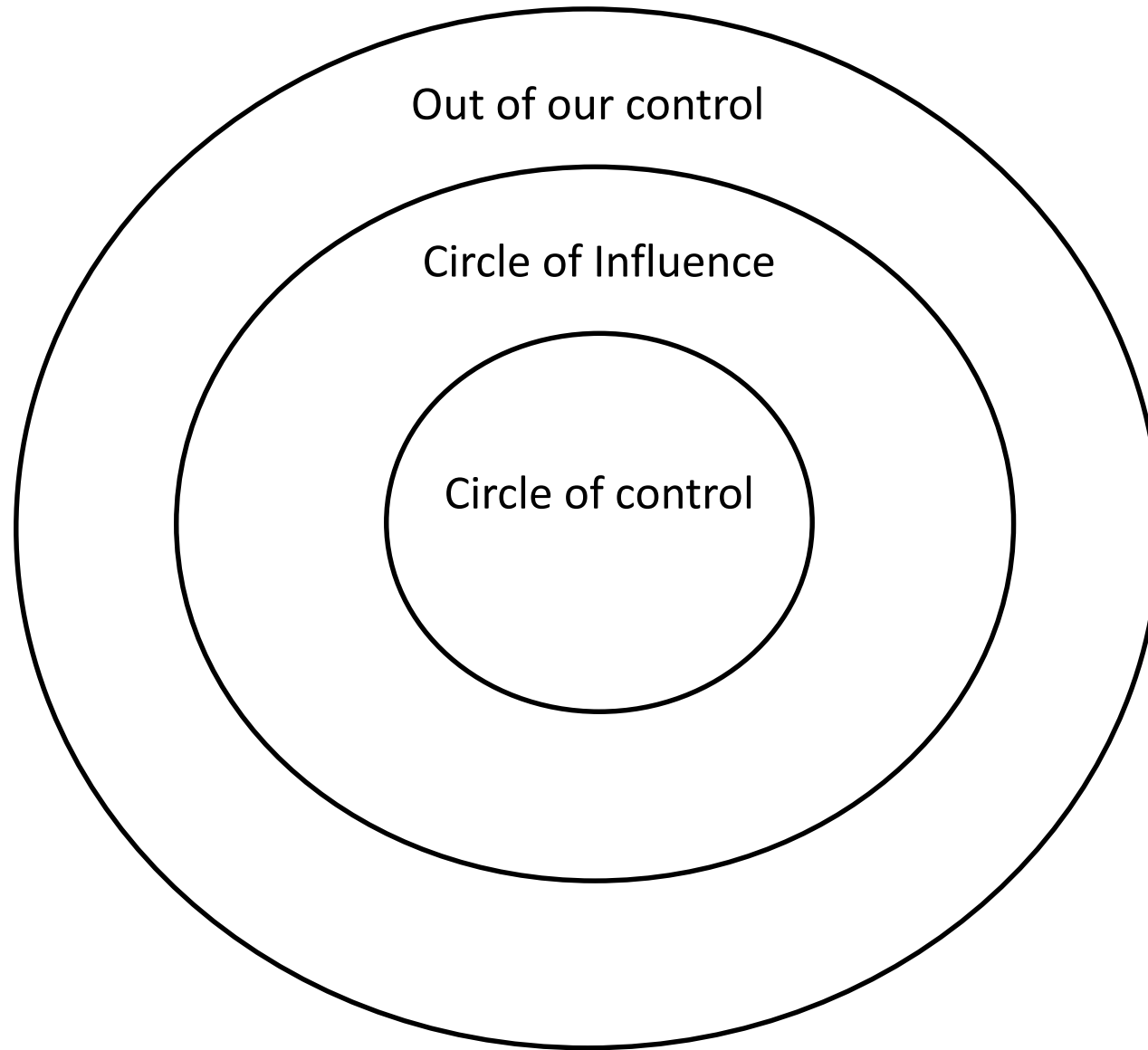


Experiment to try later: Allow yourself to worry about something for two minutes. After two minutes ask yourself how you feel now? Is it helping?

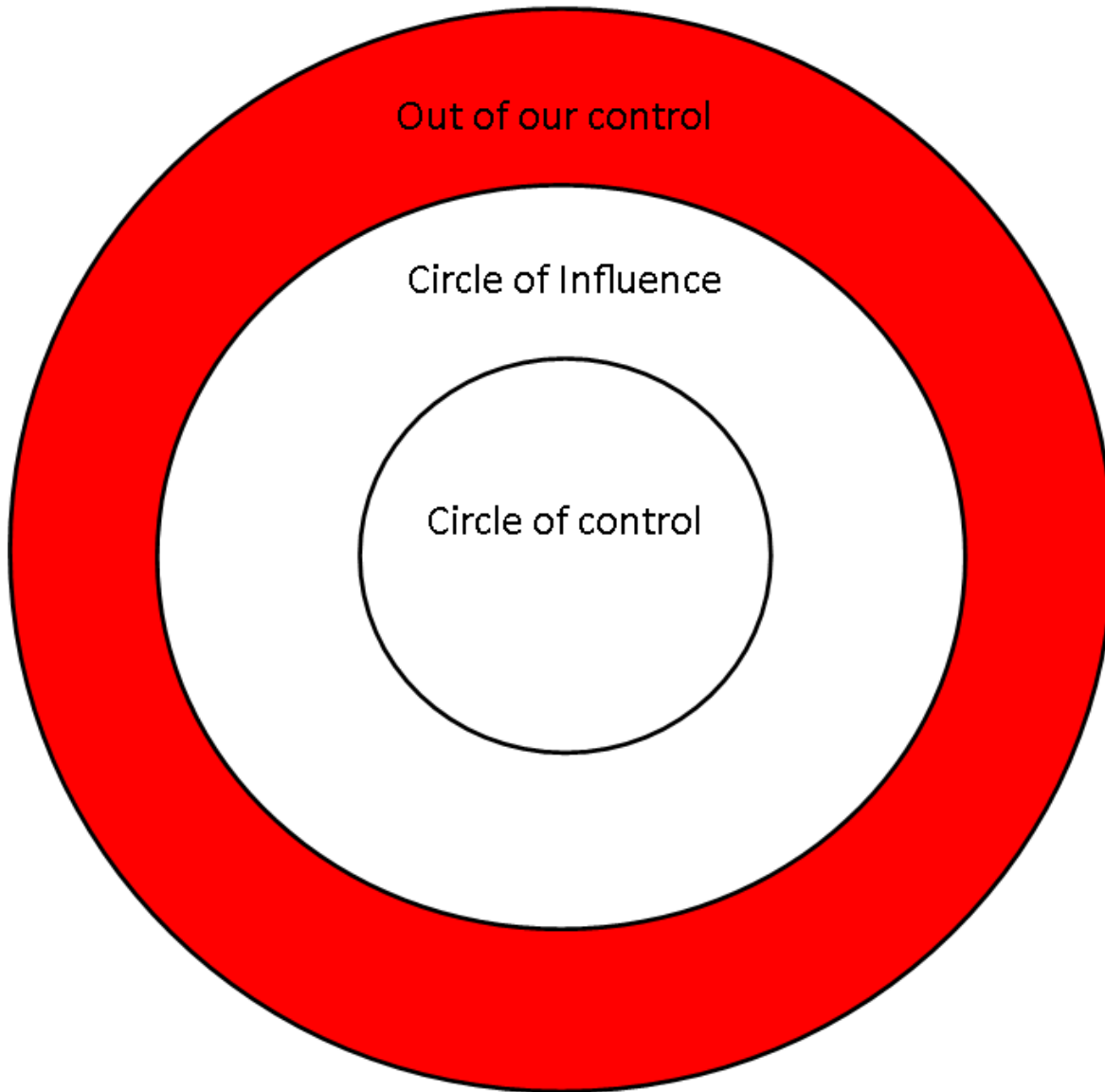
Anxiety before experiment:      /10

Anxiety after experiment:      /10

# Circle of control



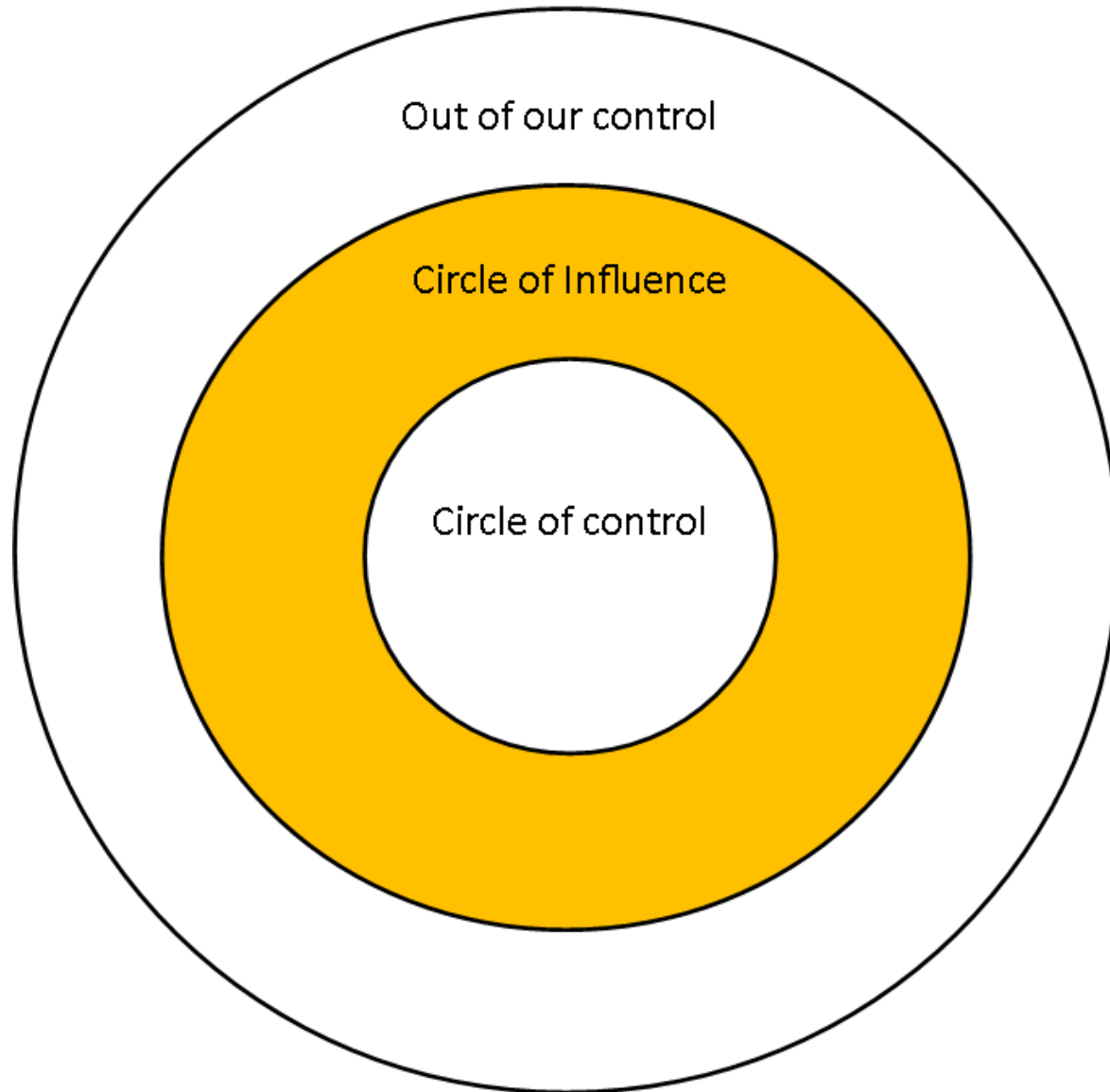
# Control the controllable



These are some of the things we have no ability to change:

- The weather
- The past
- Lockdown restrictions
- Lockdown restrictions ending
- Someone we love might become sick

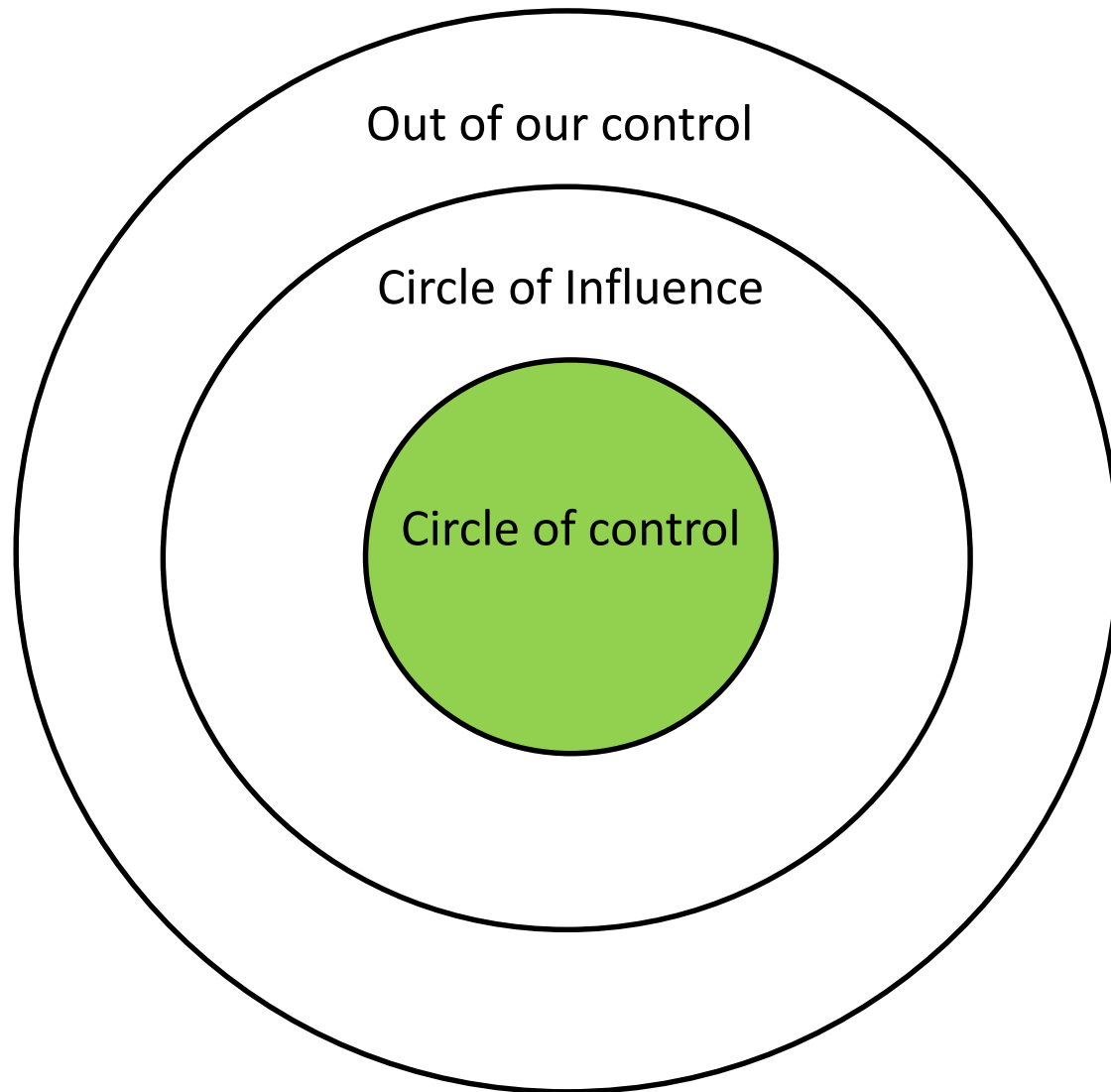
# Control the controllable



This is where we can have some influence but it's minimal and might not actually change anything.

- Recycling
- Voting
- Changing others
- Our health
- Finances

# Control the controllable

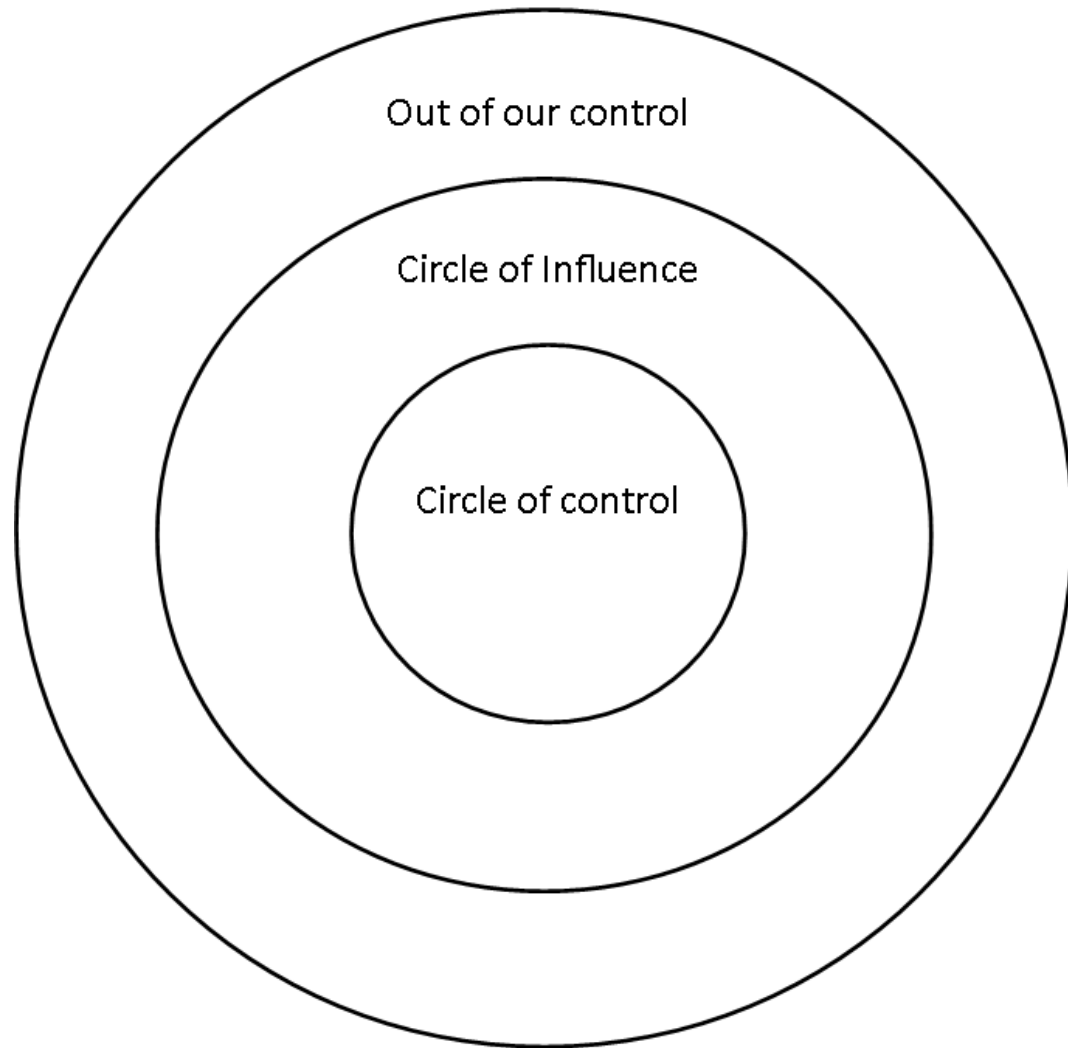


It can be more helpful to focus on the things that we do have control over:

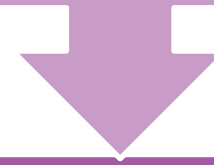
- Our actions
- Our self talk
- What we focus our time and energy on

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

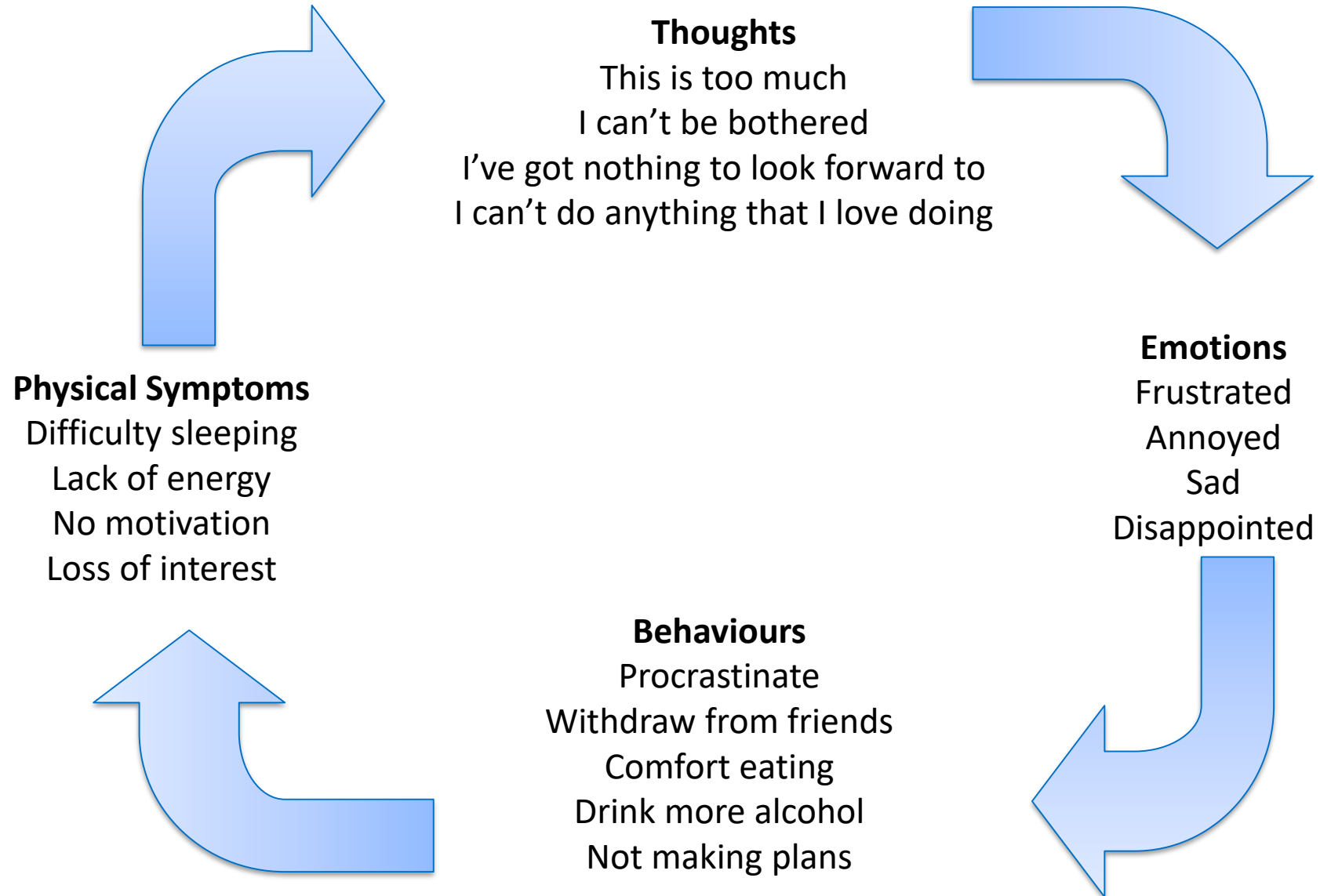


We can model positive coping  
We can create fun memories  
We can talk positively about our experiences  
We can help them problem solve the challenges they face

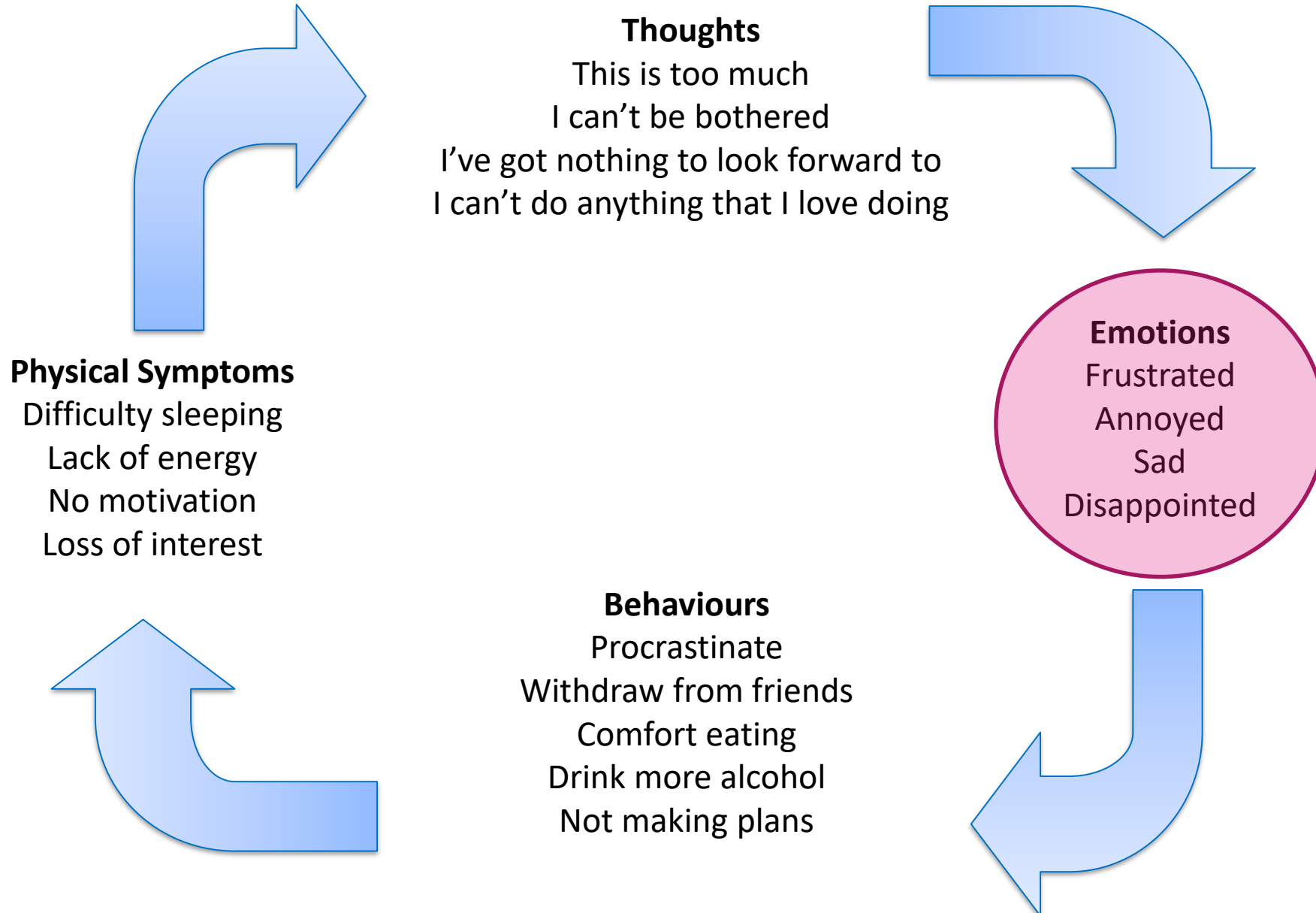


**If this fear cycle has resonated with you then the good news is we have more planned in the coming weeks so look out for further webinars**

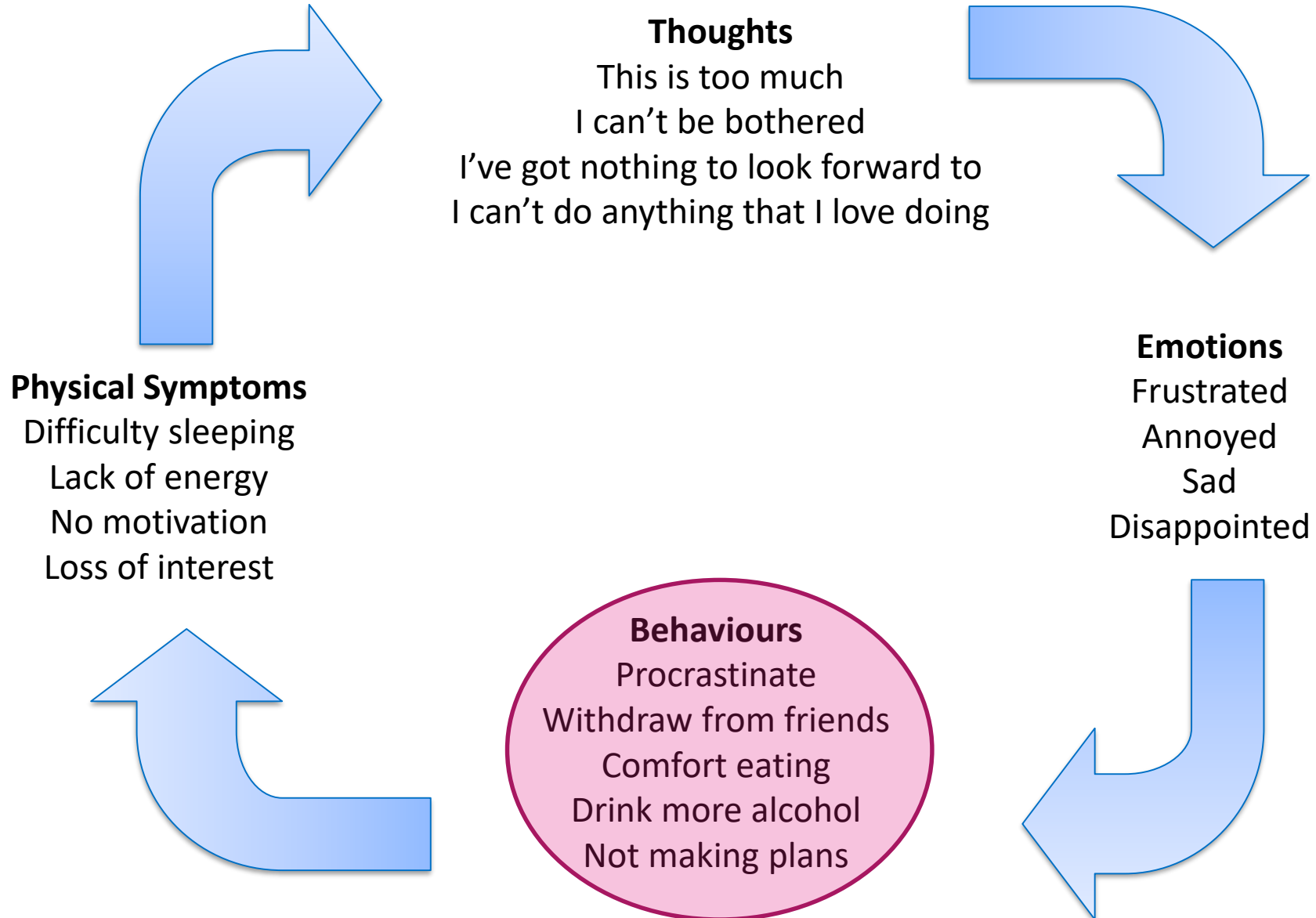
# Low mood cycle




# We can't control or change our emotions



# We can control how we respond



## 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.**

## Finding joy

- 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?**







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

## 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'.



**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.

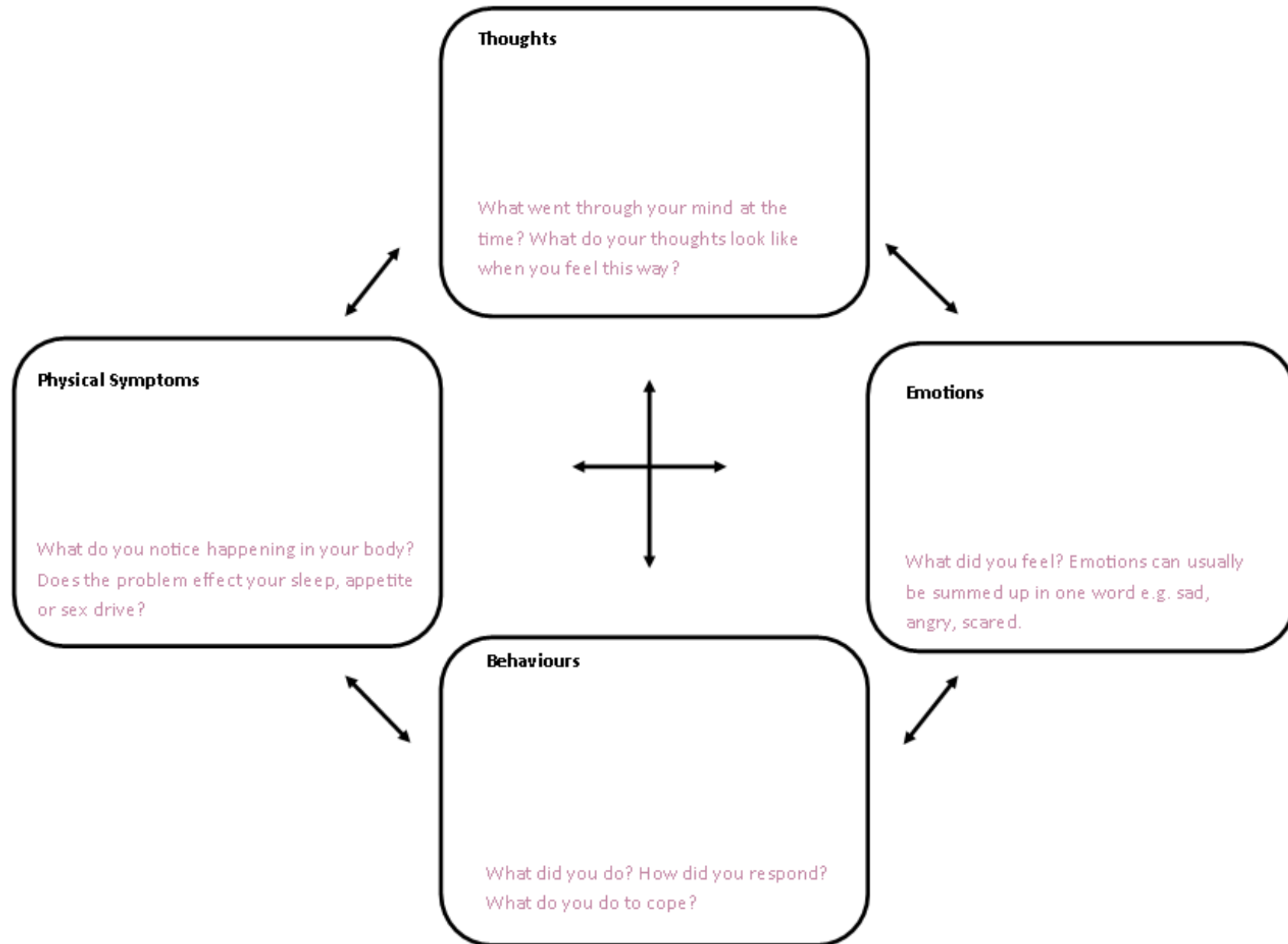
**Choose one of the ideas from today's webinar that you will action this week**

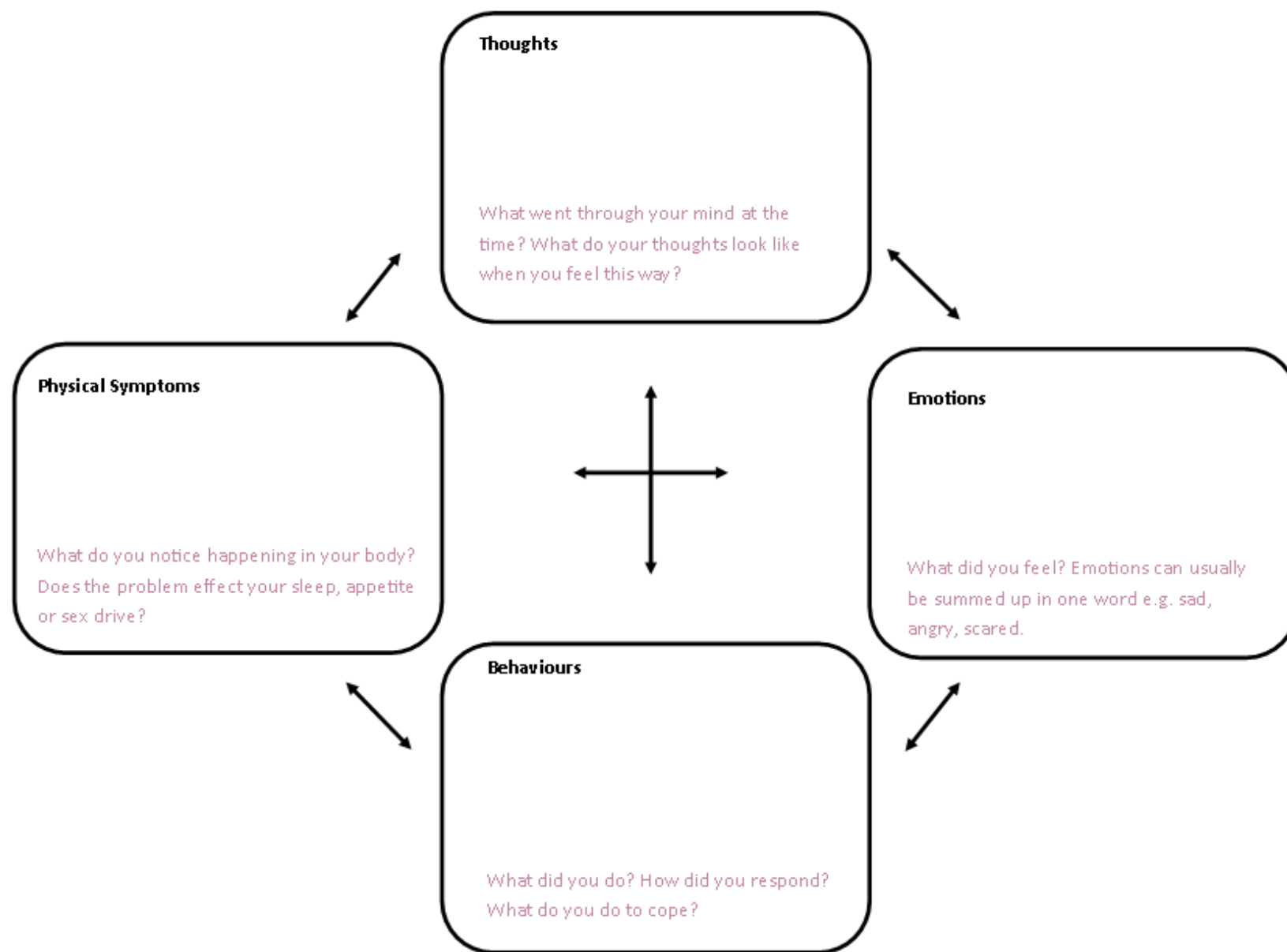


**Poll:**

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

# Try it for yourself....





## Coming up...




The next sessions in this webinar series are:

- Thursday 11<sup>th</sup> June – *Managing Anxiety*
- Tuesday 16<sup>th</sup> June – *Managing Low Mood*
- Thursday 18<sup>th</sup> 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

- i 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)
- i Mental Health Helplines - <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
- i The NHS information about COVID-19 is available here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- i CALM have lots of advice and information about mental health - <https://www.thecalmzone.net/>
- i Mind are a mental health charity with a wide range of information about mental health - <https://www.mind.org.uk/>
- i 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/>
- i National Debtline is a charity offering free and independent advice over the phone and online - <https://www.nationaldebtline.org/>
- i 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 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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our goal to make London the  
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