



Psychological Wellbeing Webinars

Hertfordshire and Mid Essex Talking Therapies offer a programme of free NHS expert-led interactive live webinars designed to help individuals manage common mental health issues. We recognise that mental health does not always stay the same and that it can fluctuate as circumstances change. ***A variety of topics and dates are available to suit the needs of those over the age of 16. Visit: www.hpft-iapt.nhs.uk***

An Experiential Introduction to Mindfulness

Synopsis: This webinar is an experiential introduction to the topic of mindfulness which includes an explanation of mindfulness, the benefits of regularly practicing mindfulness.

Key topics covered: A brief introduction to mindfulness with an opportunity to practice mindfulness with guided exercises including a body scan and mindful movement and considers ways of being more mindful in everyday life.

Benefits: Regular mindfulness practice can reduce the impact of stress, anxiety and depression whilst also improving sleep and physical health.

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Becoming a parent or caregiver and emotional wellbeing

Synopsis: This webinar has been created to support parents or caregivers with the different challenges of the perinatal period, which may lead to stress, low mood and worry.

Key topics covered: An introduction to the common challenges experienced by new parents and caregivers during the perinatal period. This webinar present the experience of Lucy, Tim, and baby Iris to explain different tools that can help improve emotional wellbeing.

Benefits: Learn how Cognitive Behavioural Therapy (CBT) can help us understand our own emotional wellbeing and teaches helpful tools for managing challenges parents and caregivers might experience.

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Bereavement: Living with Grief and Loss

Synopsis: This webinar is aimed at helping people navigate the complex and confusing landscape of grief and loss. It is dedicated to both people who are grieving and those who are trying to support them.

Key topics covered: There is no one way to grieve. This webinar explores unhelpful myths surrounding grief. It also addresses some of the unhelpful myths surrounding grief and explores the dynamic and constantly changing nature of grief.

Benefits: Explores the complexity of grief and loss and provides guidance on how to support a friend or loved one who is grieving.

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Care for Carers

Synopsis: This webinar takes a look at the vital service unpaid carers provide, including some of the rewards and challenges they face. It will explore ways in which carers can enhance their own wellbeing.

Key topics covered: Provides a summary of the typical issues facing carers, including the additional challenges of Covid-19 and a way to look at emotional distress using the cognitive behavioural model, featuring two case studies: couple Jenny and Malcolm, and siblings Alex and Mary.

Benefits: Offers insights into the common triggers and symptoms of carer stress and provides guidance on cognitive and behavioural techniques.

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Carers: Managing Difficult Emotions and Building Resilience

Synopsis: This webinar looks at the complex and sometimes painful emotions which can accompany the caring role.

Key topics covered: It recognises that caring can be a gradual and unexpected challenge, bringing some reward but also resentment, guilt, grief and loss.

Benefits: The webinar provides several tools for building emotional resilience and includes a relaxing experiential exercise. It also contains information about the support we offer for anyone interested in engaging more closely with our team.

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Dealing with Depression

Synopsis: This webinar looks at the origins and experience of depression. Everyone will experience depression slightly differently, so managing low mood is easier if you can explore and understand your own situation, thoughts and behaviours.

Key topics covered: The experience of depression, ways to understand it and behavioural and cognitive tools to better manage depression.

Benefits: Delivers tools and techniques to help you understand your own feelings and make positive changes.

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Diabetes and emotional wellbeing

Synopsis: This webinar is an introduction to living with either Type 1 or Type 2 Diabetes and its challenges, both physical and mental. It is important to understand the impact that your mental health can have on your physical health and vice versa.

Key topics covered: Delivered in partnership with Diabetes UK, this webinar will look at the challenges of living with diabetes and a holistic way of treating diabetes.

Benefits: Learn ways to take care of your mental health which will also allow you to take better care of your physical health, such as self-management of your diabetes.

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How to cope with stress

Synopsis: This is an introduction to the topic of stress including some theory, why it occurs and tips on how to manage stress levels. Stress is not something which just happens to us. Stressful events may be beyond our control but the response we choose is not.

Key topics covered: Learn how to spot the signs of stress, both physical and emotional, and the long-term effect it has on our bodies and our minds.

Benefits: Identifying how stress affects you and by using tools and techniques you can limit stress and feel better.

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How to sleep better

Synopsis: This is an introduction to the topic of sleep difficulties including the importance of sleep for general wellbeing. Sleep is increasingly recognised as a vital element of our wellbeing, and poor sleep can adversely affect all aspects of day to day functioning.

Key topics covered: Common sleep problems and the practical things we can do to improve our sleep to have a restful sleep.

Benefits: By learning more about how to have a regular bedtime routine and applying simple tools and techniques you can achieve a more refreshing sleep cycle.

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Living better with persistent pain: Arthritis and emotional wellbeing

Synopsis: This webinar has been co-produced with Arthritis Action to support people living with persistent pain.

Key topics covered: Relationship between physical and mental health, including the self-management of Arthritis, an overview of diet, exercise, and pain. An introduction to pacing, SMART goals and an experiential exercise to help identify how you react to thoughts, memories, and physical sensations.

Benefits: Further information on how to access immediate support during a crisis and how to self-refer to Hertfordshire and Mid Essex Talking Therapies and Arthritis Action.

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Living Well with a Long-term Physical Health Condition

Synopsis: This webinar is an introduction to what it means to live with a long-term physical health condition and the ways in which it may take a toll on mental health. This webinar is for anyone who has a long term physical health condition.

Key topics covered: The links between physical and mental health and the impact stress can have on a long-term condition, including stress management and mindfulness taster.

Benefits: Learn ways to take care of your mental health which will also allow you to take better care of your physical health, such as self-management of your condition.

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Long Covid: Moving Forward

Synopsis: This webinar introduces the physical and emotional difficulties that people may experience as a result of living with Long Covid.

Key topics covered: Looks at the different stages of Long Covid and the various physical symptoms associated with it and ways to self-manage the physical symptoms and the physical support available, including a guided exercise to learn how to control a productive cough.

Benefits: Teaches the benefits of using a CBT technique called activity scheduling alongside pacing to track your energy levels, find a balance in your day-to-day activities and improve

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Managing change in later life

Synopsis: This webinar identifies the different emotions that we may experience when we are faced with change in later life and provides support to help manage the different emotions that may arise from this.

Key topics covered: An introduction to the impact of change in later life and the different emotions that may arise from this period of transition. It will provide a brief overview of the various ways to self-manage low mood or worry in times of change taking a Cognitive Behavioural Therapy (CBT) approach.

Benefits: Identifies what we value in our life, how to find enjoyment in activities and how to recognise the importance of social connectedness.

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Managing employment and emotional wellbeing

Synopsis: This webinar introduces common employment-related difficulties that may impact emotional wellbeing. It includes information about the employment support available to our service users.

Key topics covered: Co-presented with Mental Health Matters this webinar will look at common employment stressors that might lead to stress, worry, and low mood and discusses tools such as an activity diary, the worry tree, and worry time to boost motivation.

Benefits: Provides practical tips to remain in work and manage interview-related worries. It will help to boost motivation and manage worry using Cognitive Behavioural Therapy tools.

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Managing Study Stress

Synopsis: This webinar looks at the origins and experience of stress relating to study. Everyone will experience stress slightly differently, so managing this is easier if you can explore and understand your own situation, thoughts and behaviours.

Key topics covered: An explanation into worry and stress, including the three main tools for managing stress using our behaviours, thoughts and feelings.

Benefits: Helps you design and use your own study stress toolkit. Learn how to; spot unhelpful thinking habits, challenge unhelpful thoughts and choose new, more flexible and realistic ways of thinking.

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Managing Worry

Synopsis: This webinar is for adults that are experiencing worries that may feel unmanageable. It looks at what worry is and isn't, it identifies different types of worry and briefly explores what may be maintaining the vicious cycle of worry.

Key topics covered: It studies the nature and characteristics of worry and why we do it.

Benefits: Teaches practical tips and tools to identify when you are worrying, how to respond and ways to feel better. It also introduces techniques to manage worry and provides information about available treatment options.

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Menopause and Emotional Wellbeing

Synopsis: This webinar introduces the physical and emotional difficulties that women may experience when going through perimenopause and menopause. For many women, perimenopause and menopause can lead to a range of symptoms, which are unpredictable and may last for an uncertain amount of time.

Key topics covered: The cause, physical symptoms and emotional difficulties associated with perimenopause and menopause, including top tips to manage physical symptoms.

Benefits: Learn different tools that can be used to look after emotional wellbeing whilst going through this stage of life.

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Menstrual cycle and mental wellbeing

Synopsis: This webinar introduces the physical and emotional difficulties that may be experienced across the menstrual cycle.

Key topics covered: A brief explanation of what happens in the body during the menstrual cycle and presents different tools that can be used to improve emotional wellbeing during menstruation. Includes tips of: preparing for the menstrual cycle, exercise, nutrition, acceptance and self-compassion.

Benefits: Cognitive behavioural techniques can help people that menstruate navigate the emotional and physical changes they might experience during their menstrual cycle.

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Mental Health Awareness Training

Synopsis: Raises awareness of common mental health problems and provides tools and techniques to support colleagues struggling with pressures at work, service users navigating challenging lives, friends, and family.

Key topics covered: Looks at mental health facts and figures, what makes mental health worse, when you should be concerned about someone dealing with mental health issues and how to support them.

Benefits: Identifies key contributors to mental health challenges, signs and symptoms of mental health difficulties, and ways you can open delicate conversations, develop a plan of action, and build trust.

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Mindfulness: dealing with negative thoughts

Synopsis: This webinar explores the evolution of thinking, whether we are able to control what types of thoughts we experience most often, and how to develop acceptance for both pleasant and unpleasant experiences.

Key topics covered: How our feelings, behaviours and thoughts interact, why we have them, and how do these influence our behaviour, including a mindfulness exercise.

Benefits: Learn about the potential impact of avoiding negative thoughts and provides mindfulness exercises to learn how to take a step back from their negative thoughts.

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Mindfulness: manage emotions and develop self-kindness

Synopsis: This webinar presents the idea of mindfully recognising, identifying and feeling more in control over our emotions. Mindfulness helps us to relate to our thoughts and emotions in a new way which can lead to a life lived more fully in the present.

Key topics covered: How we can be more present in our lives, identify our thoughts and emotions and teaches ways to accept the negatives and positives.

Benefits: Practices thinking kindly and positively about yourself and soothing touch to develop feelings of self-kindness.

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Mindfulness: reconnect with your true self

Synopsis: This webinar discusses techniques to increase mindfulness in your life, as well as how to live a meaningful life in accordance to your individual values. Mindfulness practice helps us to live more fully in the present moment. It helps us to see more clearly how our mind works.

Key topics covered: Choosing actions to reflect our values and acknowledging how we fit in to our social and cultural contexts, while staying true to ourselves.

Benefits: Reflect on values important to you and understand how mindfulness can help set goals and act according to your values.

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Relaxation skills

Synopsis: This is an introduction to the topic of relaxation including practical exercises. Stress and anxiety are common features of life, keeping us all in an exhausting state of psychological and physical tension. An effective way to reduce this tension is through relaxation.

Key topics covered: Our response to stress and why it feels so unpleasant, how relaxation can benefit and a series of easy exercises to help achieve relaxation.

Benefits: By learning simple but effective techniques we can choose to enter a more relaxed state of mind and body, irrespective of the difficulties facing us.

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Understanding Anxiety

Synopsis: This webinar provides an introduction into the broad topic of anxiety and how it affects our thoughts, behaviours, emotions, and physical sensations.

Key topics covered: Looks at what anxiety is and how it affects us. An exploration of what Cognitive Behavioural Therapy (CBT) is and how it can help to understand anxiety and teaches tools based on CBT to help manage anxious thoughts and feelings.

Benefits: The aim of this webinar is to help you understand anxiety, feel more comfortable with it and start to discover ways of living your life alongside anxiety.

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Understanding Low Self-esteem

Synopsis: This webinar is for adults that would like to learn more about low self-esteem and ways to improve our negative view of ourselves.

Key topics covered: Looks at what self-esteem is and explores the way we view and think about ourselves. Taking a Cognitive Behavioural (CBT) approach to understand how our low self-esteem is being maintained, as well as exploring the unhelpful impact of self-criticism.

Benefits: Helps to recognise how we are feeling and begin to regain control over our mood and the unhelpful self-critical thoughts we may hold about ourselves.

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