

Occupational Therapy and Recovery Colleges present:

# Free online weekly webinars

To help you in your recovery from Covid-19



A partnership between the Occupational Therapists and Recovery Colleges at Central and North West London NHS Foundation Trust and West London NHS Trust

# Interactive timetable

To attend all or some of the webinars just click 'Join' 5 minutes prior to the start time:

## **Week 1:** Managing anxiety

27 October 2020  
2pm to 4pm

[Join ▶](#)

## **Week 2:** Introduction to mindfulness

3 November 2020  
2pm to 4pm

[Join ▶](#)

## **Week 3:** Understanding low mood

10 November 2020  
2pm to 4pm

[Join ▶](#)

## **Week 4:** Let's talk about sleep

17 November 2020  
2pm to 4pm

[Join ▶](#)

## **Week 5:** Managing anxiety (repeat)

24 November 2020  
2pm to 4pm

[Join ▶](#)

## **Week 6:** How to manage tiredness and fatigue

1 December 2020  
2pm to 4pm

[Join ▶](#)

## **Week 7:** Returning to work support

8 December 2020  
2pm to 4pm

[Join ▶](#)

## **Week 8:** Healthy routines during the pandemic

15 December 2020  
2pm to 4pm

[Join ▶](#)

## **Week 9:** Coping with Christmas time

22 December 2020  
2pm to 4pm

[Join ▶](#)

We look forward to seeing you

# Webinar information

## Managing anxiety

Everyone experiences periods of anxiety at some stage in their lives. However, in these current times we can become more fearful, nervous and tense about the future. In this webinar we will look at how anxiety affects people in different ways, both emotionally and physically. We will look at the possible causes of anxiety and how best to manage these feelings during uncertain times. You will hopefully be able to gain the knowledge and be informed of resources that will help you with the worries and unease during this difficult period.

**Tuesday 27 October – 2pm to 4pm [Join](#) ▶**

**Tuesday 24 November – 2pm to 4pm [Join](#) ▶**

---

## Introduction to mindfulness

**Tuesday 3 November – 2pm to 4pm [Join](#) ▶**

Life is particularly challenging in these uncertain and unsettling times and events this year have had a significant impact on our emotional health. We can experience a range of internal distressing experiences like, self-critical thoughts, voices, fear and anxiety about the future. Practising mindfulness regularly is a strategy which has been proven to be effective for relieving, managing and overcoming many forms of distress in our minds.

In this webinar, we will talk you through how to meditate and how to focus on the here and now using mindfulness techniques, followed by relaxation techniques.

---

## Understanding low mood

**Tuesday 10 November – 2pm to 4pm [Join](#) ▶**

Feeling low is a part of all of our lives at some stage. Everyone feels upset, sad or disheartened from time to time, but for some of us it can be a real problem, especially during this difficult time. Feeling low is common after distressing events or major life changes, but sometimes periods of low mood happen for no obvious reason. The good news is that there are things you can do to improve your mood.

In this webinar we will look at the signs and possible causes of low mood, and tips to how you can improve your mood and what to do if you need further support.

---

## Let's talk about sleep

**Tuesday 17 November – 2pm to 4pm [Join](#) ▶**

Living with a mental or physical health problem during these difficult times can affect how we sleep, and poor sleep can have a negative impact on our health and well-being. This two-hour webinar will explore how sleep works, why we need it, and the common causes of some sleep problems, with the aim of helping with some strategies to improve our sleep.

# How to manage tiredness and fatigue

Tuesday 1 December – 2pm to 4pm [Join](#) ▶

Fatigue is a normal part of the body's response to fighting a viral infection such as COVID-19. Fatigue is likely to continue for some time after the infection has cleared. In this webinar we will look at how to manage fatigue, offering practical advice for those recovering at home. We will also provide some practical tips on how to move forward.

---

# Returning to work support

Tuesday 8 December – 2pm to 4pm [Join](#) ▶

In this webinar we will look at support and preparation to return to work and how to stay well at work when you do return.

---

# How to keep up with healthy routines during the pandemic

Tuesday 15 December – 2pm to 4pm [Join](#) ▶

One of the biggest impacts that the corona virus has for many of us is in completely disrupting our usual routines. Routine, boring as it may sound is a cornerstone of good mental and physical health and without routine, life can become unpredictable. Having routine, means we know what's coming next and helps us to implement things that are good for us.

During this webinar we will look at why routine is good for our wellbeing, how to maintain our normal routine or how to implement new routines.

---

# Coping with Christmas time (and other big days)

Tuesday 22 December – 2 pm to 4 pm [Join](#) ▶

Christmas is a time of year that has come to mean many different things for different people, but often it's a difficult time with the family and financial problems it can bring. Whatever our spiritual background and however we feel about Christmas, we are surrounded by it.

In this 2-hour webinar we will look at how we may be affected by the different aspects of the festival, including: personal values, money worries, relationships, loss, eating/ drinking too much and facing the New Year.



In partnership with Occupational Therapists and Recovery Colleges at Central and North West London NHS Foundation Trust and West London NHS Trust