

Focus on Wellbeing

A Webinar Programme For Everyone Working in Health and Social Work / Social Care

November 2021 – January 2022

(Update Version 301021)

This fifth Focus on Wellbeing Programme is aimed at empowering and encouraging everyone delivering health and social work/social care services, and unpaid carers, to enhance self-care and personal resilience. The programme content is linked to the range of resources available on the National Wellbeing Hub <http://www.wellbeinghub.scot>

The Focus on Wellbeing Programme will be updated with information on new topic sessions for your benefit, so please refer to this [Events page on the Hub](#)

Please circulate this programme widely to others in your organisation or networks, and look out for further additions to the programme on the Hub. For enquiries please contact Scot Hall scot.hall@gov.scot

Programme of Webinars

Darker days: How to protect your sleep this winter

22 November, 16.00 – 17.00 hrs

‘A rest isn’t as good as a sleep’ say Dr Dimitri Gavriloff and fellow sleep expert Prof. Colin Espie. Mounting work pressures and darker days can conspire to challenge our sleep patterns. In this session, Dimitri will focus on helping you overcome these challenges and take control.

Dimitri is a Clinical Psychologist and Sleep Medicine Specialist, who works with adults and children with sleep disorders. He is a clinical course tutor on the Oxford Online Programme in Sleep Medicine and runs a non-respiratory sleep disorders service. He is a Clinical Engagement Lead for Sleepio at Big Health.

[Click here to register for this session.](#)

Resilience: What is it, how does it help my life and work and how can I have more of it!

24 November, 12.00 – 13.00 hrs or 14.00 – 15.00 hrs

Resilience is something we generally associate with sportspeople and other high profile figures. But what exactly is it and how can we develop or increase our own resilience to help us cope better with psychological challenges such as low mood, etc.? In this interactive webinar Dr Alastair Dobbin and Sheila Ross, a psychologist and psychotherapist, both from the Foundation For Positive Mental Health, draw on their international research to highlight what underpins personal resilience and explore how we can enhance our own. They will introduce you to ‘Feeling Good’, an app available free to you via the [National Wellbeing Hub](#).

[Click here to register for the session at 12.00](#)

[Click here to register for the session at 14.00](#)

Psychological First Aid in practice

30 November, 14.00 – 15.30

Descriptor: Following on from the webinar Psychological First Aid in the Workplace, Sarah will give a brief overview of PFA and practical examples of its use in the workplace.

Psychological First Aid (PFA) is an evidence-based concept that has underpinned many a response to large scale major incidents. It has formed the basis of our collective response to the pandemic and the core of many of the services and initiatives, including the National Wellbeing Hub, set up to support everyone in health and social work/social care.

In this webinar **Sarah Phillips**, Counselling Psychologist, Rivers Centre (NHS Lothian) will help you understand PFA and give examples of its use in the workplace.

[Click here for this session](#)

December 2021

Anxiety – what it is, and how we can manage it

1 December, 12.00 – 13.15 hrs

In this webinar Tracey Moggeridge, Mindfulness Practitioner, looks at what exactly anxiety is, how it manifests psychologically and physiologically, its impact on our behaviours, and most importantly offers her guidance on what we can do about it. The session will last 40-45 minutes with some opportunity to practice mindfulness/meditation with time for Q & A afterwards.

Tracey is an accredited Mindfulness Teacher with expertise on using Mindfulness and compassion interventions for stress reduction. Also working as a Mindfulness coach, she offers coaching on mindfulness, confidence and resilience building.

[Click here to register for this session](#)

Reflective Practice in the workplace

2 December, 12.30 – 13.30 hrs

Reflective practice has been shown to reduce stress and burnout. In this webinar, Dr Adam Burley, Consultant Clinical Psychologist will introduce participants to what reflective practice is and how to make the best use of it in the workplace as a supportive, learning mechanism and as a an enabler of wellbeing and personal resilience.

[Click here to register for this session](#)

The science of anxiety, worry and SAD (Seasonal Affective Disorder)

7 December, 16.00 – 17.00 hrs

Do you struggle with worry, anxiety/stress or experience SAD? If so, you're not alone. In this session **Dr Michelle Davis** will help you understand the science behind anxiety, worry and SAD as the first step to learning how to deal with them. She will look at why we feel anxious, explore some techniques to help you manage them.

Michelle is the Clinical Innovation Lead for Anxiety at Big Health in San Francisco. She is a Clinical Psychologist specialising in the research and treatment of anxiety and related disorders, and has a strong background in cognitive behavioural interventions, with particular expertise in therapies for anxiety disorders and obsessive compulsive disorder.

[Click here to register for this session](#)

Support in difficult times for unpaid carers and employers of Personal Assistants: A chance to learn more

8 December, 14.00 – 15.00 or 16.00 – 17.00

If you are an **unpaid carer** you are invited to attend this webinar to learn more about and a digital programme called Feeling Good, which focusses on helping you to build personal resilience to cope with stress, anxiety, low mood. This online session will be run by Dr Alastair Dobbin (GP) and Dr Sheila Ross who developed the programme.

[Click here to register for the session at 14.00](#)

[Click here to register for the session at 16.00](#)

Reboot 70

9 December, 12.30 – 13.15 and/or 16 December, 12.30 – 13.15

There is clear evidence linking exercise and positive mental health. Looking after our 'wellbeing' is much more than taking care of our psychological health and safety. So, we have partnered with Live Borders / Tri-Fitness Galashiels and **Lynn Horsman**, one of their highly qualified and experienced Group Fitness Instructors, to deliver this 'virtual' fitness session. Lynn will deliver a mid-intensity, 45-minute aerobic exercise class, designed to hold your heart rate at 70% of its maximum for the duration of the session. This session is intended for people with any level of fitness. Further instructions about clothing, space etc. will be provided to those who sign up for the session, in advance. This session will be repeated one week later and a further Reboot sessions will be run in January – see below.

[Click here to register for the session on 9 December](#)

[Click here to register for the session on 16 December](#)

Psychological First Aid in practice

13 December, 10.00 – 11.30 hrs

Descriptor: Following on from the webinar Psychological First Aid in the Workplace, Sarah will give a brief overview of PFA and practical examples of its use in the workplace.

Psychological First Aid (PFA) is an evidence-based concept that has underpinned many a response to large scale major incidents. It has formed the basis of our collective response to the pandemic and the core of many of the services and initiatives, including the National Wellbeing Hub, set up to support everyone in health and social work/social care.

In this webinar **Sarah Phillips**, Counselling Psychologist, Rivers Centre (NHS Lothian) will help you understand PFA and give examples of its use in the workplace.

[Click here to register for this session](#)

January 2022

Sleep 101: Tips on how to improve your sleep

10 January 2022, 13.00 – 14.00 hrs

According to Dr Dimitri Gavriloff and his sleep expert colleague Prof Colin Espie 'a rest isn't as good as a sleep'. Mounting work pressures and cognitive processes can conspire to challenge our sleep patterns. In this session, Dimitri will focus on helping you gain a better understanding of what impacts a good night's sleep and what you can do practically to take control and achieve that ultimate objective: a good night's sleep.

Dimitri is a Clinical Psychologist and Sleep Medicine Specialist, who works with adults and children with sleep disorders. He is a clinical course tutor on the Oxford Online Programme in Sleep Medicine and runs a non-respiratory sleep disorders service. He is a Clinical Engagement Lead for Sleepio at Big Health.

[Click here to register for this session.](#)

Low mood; what is it and what helps

14 January, 14.00 – 15.00 hrs or 16.00 – 17.00

In this webinar Dr Alistair Dobbin, GP /researcher and Sheila Ross, psychologist and psychotherapist, both from the Foundation For Positive Mental Health, will look at how factors such as sleep, exercise, breathing rhythms, can help relieve low mood. They will explain the relationship between low mood, depression and anxiety and consider some of the differing approaches to treatment, including practical measures, such as breathing. They will introduce you to 'Feeling Good' an app available free to you via the [National Wellbeing Hub](#).

[Click here to register for the session at 14.00](#)

[Click here to register for the session at 16.00](#)

Reboot Charge

20 January, 12.30 – 13.15 hrs and/or 27 January, 12.30 – 13.15 hrs

There is clear evidence linking exercise and positive mental health. Looking after our 'wellbeing' is much more than taking care of our psychological health and safety. So, we have partnered with Live Borders / Tri-Fitness Galashiels and **Lynn Horsman**, one of their highly qualified and experienced Group Fitness Instructors, to deliver this 'virtual' fitness session. Following on from the Reboot session in December, Lynn will deliver a virtual high intensity, Full Body Training mixed into a 30-minute explosive workout, which is good for increasing fitness. . Further instructions about clothing, space etc. will be provided to those who sign up for the session, in advance. This session will be repeated a week later.

[Click here to register for the session on 20 January](#)

[Click here to register for the session on 27 January](#)