

# SLaM Recovery College Webinars October 2021

These sessions are open to everybody; you don't need to have any connection at all to the South London and Maudsley NHS Foundation Trust.

## **Making Changes: where to start and how to maintain**

The aim of this two-part course is to enable participants to explore, embrace and prepare for the challenges involved when embarking on a change of lifestyle. This may include reducing alcohol consumption or embarking on an exercise programme or a healthy eating plan.

The learning will be applicable to any type of change someone wishes to make in their life.

We will also look at decision making and managing and maintaining the process of recovery as it applies, for example, to relapse prevention.

**Part 1** | 10:30am-12:30pm | Wednesday 6<sup>th</sup> October

**Part 2** | 10:30am-12:30pm | Wednesday 13<sup>th</sup> October

## **Understanding Anxiety**

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded**

Anxiety is something we all experience from time to time. Most people can relate to those anxious, butterfly feelings when doing something which feels uncertain or feeling fearful about sitting exams, having a medical, going to the dentist. It is a natural feeling and can be useful, as it warns us when we need to take action, when we may be in danger or can even help us to perform better.

This two-part course will examine the facts about anxiety, how it is diagnosed and what it feels like to experience anxiety. We will discuss professional support available, practical techniques to help to relieve anxiety as well as lifestyle changes for wellbeing.

**Part 1** | 10:30am-1pm | Wednesday 6<sup>th</sup> October

**Part 2** | 10:30am-1pm | Wednesday 13<sup>th</sup> October

## **Understanding and Managing the Impact of Isolation on Mental Health** | 2:30pm-4pm | Wednesday 6<sup>th</sup> October

In this webinar, we will explore ways to cope with isolation and loneliness during the pandemic.

We will be looking at how isolation can impact on different mental health conditions and what tools we can use to self-manage during this challenging time.

## **Alcohol: friend or foe?** | 2:30pm-4pm | Wednesday 13<sup>th</sup> October

People who drink alcohol can have very different experiences. This workshop looks at why that is and some of the things you can do when you or someone you know is having issues managing their alcohol use. The workshop will include:

- interesting facts you might not know about alcohol
- sharing of tips
- an opportunity to talk to people with professional and lived experience about options to try when alcohol becomes a problem.

## **Emotional Contagion for Recovery** | 10:30am-12pm | Tuesday 19<sup>th</sup> October

This course builds upon emotional intelligence and support recovery, self-management, and wellbeing by recognising the impact of our emotions on others, and the impact of other's emotions on ourselves. It will explore ways of managing both by coping with the impact of difficult emotions and enhancing the impact of helpful emotions.

## **Understanding Bipolar Disorder** | 1pm-3pm | Tuesday 19<sup>th</sup> October

A two-part course. Bipolar is a mood disorder characterised by extreme changes in mood. Although we all have mood swings, in bipolar disorder these can become unmanageable and overwhelming - individuals can experience severe and/or rapid mood swings that can last several weeks or months, far beyond the normal ups and downs. Session 1 explores how bi-polar is diagnosed, and what the symptoms and early warning signs are. Session 2 looks at how bi-polar is treated and explores self-help ideas and how to manage during the COVID outbreak.

## **Let's Talk About Tobacco** | 11am-12noon | Wednesday 20<sup>th</sup> October

An opportunity to learn about smoking and its effects from Mary Yates, Health Promotion & Wellbeing & Smoke-Free Lead at SLaM, and to hear about the range of treatments and support services that are available to assist smokers who have an interest in cutting down or quitting smoking

Topics covered will include nicotine replacement therapies (NRTs), e-cigarettes/vaping, and Varenicline (aka Champix).

## **Motivation**

How do you get out of your head and stop thinking about what you do and start doing it?

This two-part course explores what holds us back from utilizing our motivation, what environment best harnesses our motivation, and looks at the reality of motivation in terms of its role in our daily lives.

The course provides tips that help launch us into action and explains the theory that helps us to close the gap between what you know you want to do and taking action to make it happen.

**Part 1** | 10:30am-12pm | Thursday 21<sup>st</sup> October

**Part 2** | 10:30am-12pm | Thursday 28<sup>th</sup> October

## **Managing Your Mood**

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded**

This two-part course will help students explore practices around managing our moods. Learning to improve the way we manage our emotions is often an important first step for many people with mental health difficulties. Topics covered will include:

- the evolutionary context of moods & emotions
- influencing mood changes
- self-compassion
- behavioural activation
- gut & mood

**Part 1** | 2pm-4pm | Thursday 21<sup>st</sup> October

**Part 2** | 2pm-4pm | Thursday 28<sup>th</sup> October

## **Introduction to Beth** | 11am-12noon | Tuesday 26<sup>th</sup> October

SLaM's Beth website, designed for us on laptops and PCs, tablets and smartphones, is a free and secure way for our patients and carers to stay connected with their care team. For service users, Beth is very friendly and easy to use, and supports personal choice and autonomy. You can link your Beth account with your NHS number to access your health records and:

- see who is in your care team and support network
- securely message your care team
- access your current care plan
- see all your appointments
- keep track of your mood and sleep
- use free and trusted online health resources

For people caring for someone under SLaM services you can create your own account to look after your own wellbeing and securely message their care team.

## **Finding Balance: harmonising our minds and bodies**

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

This eight-session course explores the complex and fascinating relationship between our minds and bodies. We will look at theoretical and scientific concepts of balance drawn from biology, psychology and world philosophy. Using this central idea, we will look at how our minds and bodies have evolved to maintain balance in intriguing ways. Then, we will practise experiential exercises that are aimed to facilitate a felt experience of these concepts.

The sessions will conclude with a reflection on what we have learnt and experienced, and how this might change how we perceive ourselves and care for our own physical and mental health.

- Part 1** | 10:30am-12:45pm | Thursday 28<sup>th</sup> October
- Part 2** | 10:30am-12:45pm | Thursday 4<sup>th</sup> November
- Part 3** | 10:30am-12:45pm | Thursday 11<sup>th</sup> November
- Part 4** | 10:30am-12:45pm | Thursday 18<sup>th</sup> November
- Part 5** | 10:30am-12:45pm | Thursday 25<sup>th</sup> November
- Part 6** | 10:30am-12:45pm | Thursday 2<sup>nd</sup> December
- Part 7** | 10:30am-12:45pm | Thursday 9<sup>th</sup> December
- Part 8** | 10:30am-12:45pm | Thursday 16<sup>th</sup> December