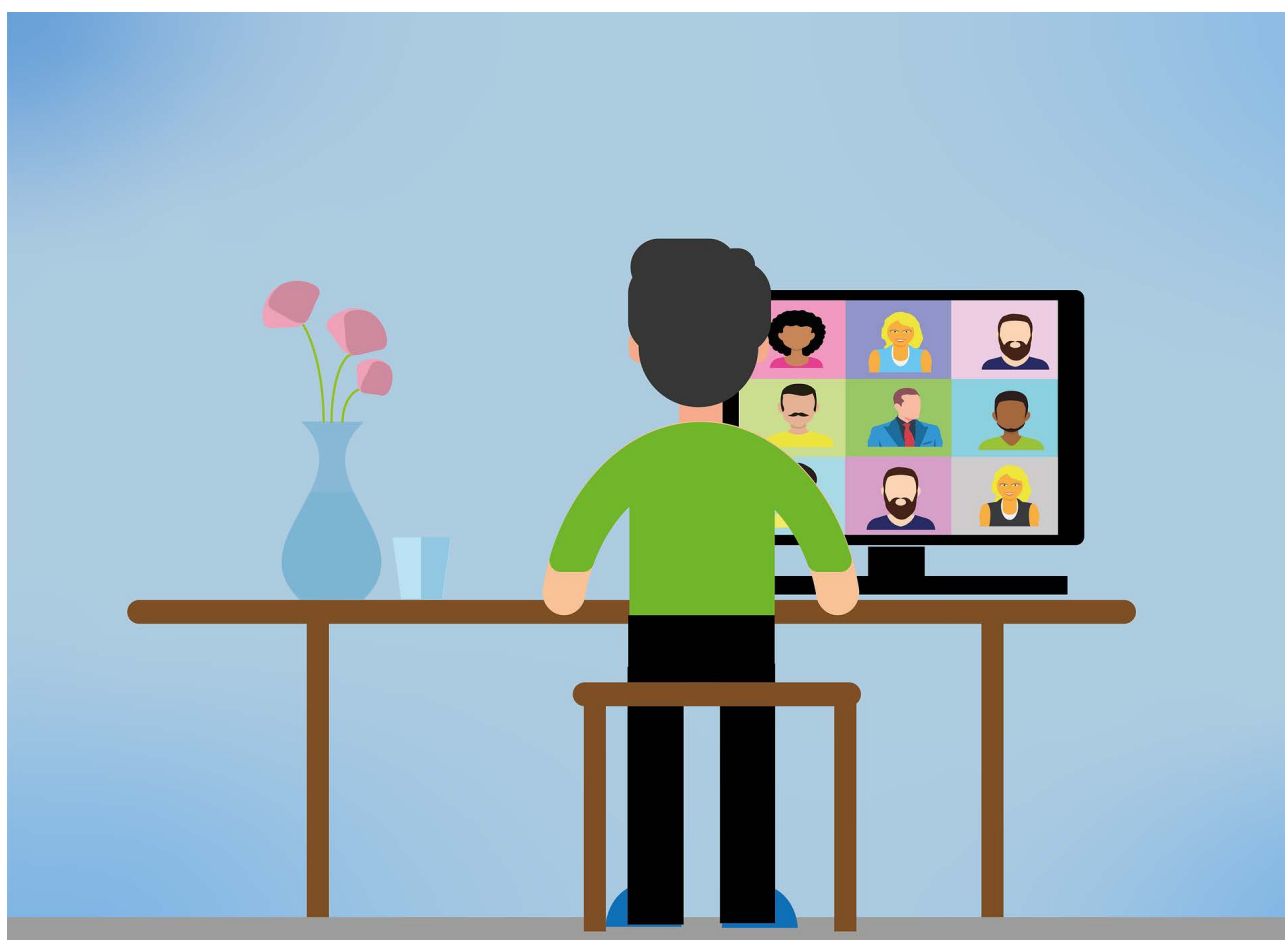


BEH and C&I together with Recovery Colleges present:

# Online weekly webinars

To help you in your recovery from Covid-19



# Interactive timetable

To attend a webinar, click 'Join' 5 minutes prior to the start time:

**Week 1:**  
Introduction -  
Coping with  
Covid

9 March 2021  
12:30 - 14:00

[Join ▶](#)

**Week 2:**  
Covid and  
Trauma

16 March 2021  
12:30 - 14:00

[Join ▶](#)

**Week 3:**  
Managing  
Fatigue

23 March 2021  
12:30 - 14:00

[Join ▶](#)

**Week 4:**  
Managing  
Anxiety

30 March 2021  
12:30 - 14:00

[Join ▶](#)

**Week 5:**  
Mindfulness

6 April 2021  
12:30 - 14:00

[Join ▶](#)

**Week 6:**  
Eating for  
Health

13 April 2021  
12:30 - 14:00

[Join ▶](#)

**Week 7:**  
Managing  
Low Mood

20 April 2021  
12:30 - 14:00

[Join ▶](#)

**Week 8:**  
Returning to  
Work

27 April 2021  
12:30 - 14:00

[Join ▶](#)

**Week 9:**  
Managing  
Sleep

4 May 2021  
12:30 - 14:00

[Join ▶](#)

We look forward to seeing you

## Introduction - Coping with Covid

**Tuesday 9 March – 12:30-14:00** [Join ▶](#)

The effects of COVID have been wide ranging for all our communities. This webinar series will reflect on this and support your wellbeing at this time. The series brings together health experts in the field and peer workers to share their experience and thoughts. In our first session, we will reflect on what we know about COVID at the present time, what's important if you are recovering from it and what tools we have to stay psychologically healthy. We will ask - how can we meet the challenge of COVID together? Subsequent workshops will take us more deeply into different areas.

## Covid and Trauma

**Tuesday 16 March – 12:30-14:00** [Join ▶](#)

We all have resilience to cope with the ups and downs of life, and with time and support we can overcome many challenges. But some events can overwhelm our natural abilities to cope, and have a longer lasting impact on our wellbeing and our lives. When we go through a traumatic time, such as hospitalisation, a loved one being very unwell, or fearing that illness may change our lives forever, we can experience 'intrusive memories', problems sleeping and feeling constantly 'on edge'. These can be especially difficult to manage when we are separated from loved ones, daily routines are interrupted and we are surrounded by worrying news reports. This webinar will look at how overwhelming life events and trauma can impact how we feel about ourselves, others and the world and how we can manage distressing symptoms. It will include practical exercises to help us to feel more 'grounded' in the present moment and calm our mind and body down. We will consider how we can begin to process these overwhelming events by reconnecting to our personal strengths, values and resilience.

## Managing Fatigue

**Tuesday 23 March – 12:30-14:00** [Join ▶](#)

We are all familiar with the feeling of fatigue after exercise or a long period of concentration, but sometimes, despite resting, fatigue occurs after minimal effort, is prolonged and limits your usual activity. Fatigue is very common after viral infections such as COVID and in some people it can linger for weeks or months. This webinar will explore what fatigue is, how it relates to the experience of covid, and how we can recognise the signs in ourselves. We will identify some possible triggers of fatigue that can worsen our day to day experience and explore some common strategies and tools to cope with and better manage fatigue symptoms.

## Managing Anxiety

**Tuesday 30 March – 12:30-14:00** [Join ▶](#)

The coronavirus pandemic has led to significant global uncertainty, unpredictable change and threats to our lives, the lives of our loved ones and to our personal freedoms. For some people, it has resulted in serious illness and ongoing symptoms that have changed their lives. Many people will struggle with some level of anxiety and worry during these unprecedented times. This webinar will help you to understand what anxiety is, how it can affect you, what keeps anxiety going and learn how to manage these feelings during the ongoing uncertainty and fear that the pandemic can bring.

# Mindfulness

**Tuesday 6 April – 12:30-14:00** [Join ▶](#)

Recent times have created more uncertainty and unpredictability than ever before; we have little sense of control. Combine that with a loss of natural coping mechanisms and it is understandable that our fear, anxiety and emotional distress are at an all-time high. Mindfulness helps us to centre ourselves in the storm. When we are less controlled by difficult feelings and thoughts we can feel calmer, more able to cope and have more perspective. In this session you'll learn simple mindfulness practices to become aware of your inner world and centre you in the present moment.

# Eating for Health

**Tuesday 13 April – 12:30-14:00** [Join ▶](#)

The link between food, physical and mental health and the impact of covid 19 will be highlighted in this webinar. Eating a healthy diet is important for our wellbeing. What we can do to achieve better outcomes and improve our overall health is our focus. We will cover foods and ways of eating that support the body, and talk about how to make small changes around meal preparation and consumption.

# Managing Low Mood

**Tuesday 20 April – 12:30-14:00** [Join ▶](#)

Feeling low is part of all 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 share tips for how you can improve your mood and what to do if you need further support.

# Returning to Work

**Tuesday 27 April – 12:30-14:00** [Join ▶](#)

Employment and the world of work has been severely impacted by the pandemic. Millions of people are working remotely. For some, this was an abrupt and disruptive shift, for others a welcome change. Others are forced to continue to work despite ongoing risks and threat of infection or despite lasting coronavirus symptoms and other health problems. Many parents are working from home while having to also home-school children or maintain other caring responsibilities. Millions have lost their jobs or face the threat of this. This webinar will help you to understand the help and support services that are available for anyone impacted by the pandemic. It will focus on wellness at work and support for people who are returning to work after a period of absence.

# Managing Sleep

**Tuesday 4 May – 12:30-14:00** [Join ▶](#)

Everybody wants to enjoy good sleep, and quality of sleep is as important as quantity. The COVID-19 pandemic has disrupted many aspects of our lives, including how well we sleep at night. While sleep problems are common at the best of times, all the stress, worry and turmoil of the pandemic have made existing sleep difficulties even worse and triggered new problems in those who may have been good sleepers. This webinar is designed to help you if you are currently experiencing problems with your sleep. We will look at the importance of having a sleep routine, some of the issues that can stop us having good sleep and share tips to help us sleep better.