

# **Focus on Wellbeing**

## **A Webinar Programme For Health and Social Care Staff**

### **March – May 2021**

**(Update Version 160321-F)**

The aim of third Focus on Wellbeing Programme is to empower and encourage health and social care staff and unpaid carers to enhance personal resilience and self-care. The programme content is linked to the range of resources available on the National Wellbeing Hub [www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot)

The Focus on Wellbeing Programme will be updated and circulated periodically with information on new topic sessions for your benefit, so please refer to the 'Key Dates' page on the [National Wellbeing Hub](http://www.nationalwellbeinghub.scot). Please circulate this programme widely to staff and others in your organisation or network, and look out for the Updates which will be circulated to health and social care organisations and posted on the Key Dates page of the National Wellbeing Hub. For enquiries please contact Scot Hall [scot.hall@gov.scot](mailto:scot.hall@gov.scot)

## **Programme of Webinars**

### **Managing Working Parenthood in Current Times**

**24 March, 15.00 – 16.00 hrs.**

Covid-19 is a crisis for working parents. If you are working while caring for children, or manage staff who are, then this session is for you! These webinars will be led by Daisy Dowling, Founder and CEO of Workparent, a specialty consulting firm in the U.S that provides solutions to corporations and U.S. Air Force. She is a working parent coaching expert, and author of *Workparent: Thrive in Your Career While Raising Happy Children*, a guidebook to working parenthood (published in May 2021); she has been published extensively in *Harvard Business Review* and is a series Editor for *HBR's Working Parents* series. Daisy will share specific techniques and tools for successfully handling the challenges of your dual role in these unique circumstances, including ways to "dual hat" effectively when working and caregiving, managing your routine, schedule and self, how to communicate effectively as a professional and parent and feel more in control, and maintaining personal energy and resilience in the face of current pressures. In advance of the session, participants will have the chance to put specific working-parent questions or concerns for Daisy to respond to.

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

### **The science of stress and anxiety: Evidence-based techniques to feel better**

**25 March, 17.00 – 18.00 hrs.**

Do you struggle with worry, stress, and anxiety? If so, you're not alone. Understanding the science behind what drives stress and anxiety is the first step to learning how to overcome it. Dr Michelle Davis, a clinical psychologist specialising in the research and treatment of anxiety and related disorders, will describe some of the causes of anxiety and provide practical, evidence-based tools and techniques to help you manage it. Michelle will also introduce Daylight, an app which is [available here](#) for everyone working in health and social care services in Scotland and unpaid carers.

Michelle is the Clinical Innovation Lead for Anxiety at Big Health in San Francisco. She has published extensively and presented her research to international conferences. Michelle has a strong background in cognitive behavioural interventions, with particular expertise in exposure therapy for anxiety disorders and obsessive-compulsive disorder.

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

## **Sleep, glorious sleep! Everything you need to know...but never dared to ask.**

**31 March, 16.00 – 17.00 hrs.**

A live 'sleep session' and Q&A with Prof Colin Espie and Dr Dimitri Gavrilloff from Big Health and *Sleepio*, facilitated by Prof Andrew Gumley.

In challenging times, difficulty sleeping is often the first symptom of poor mental health. Since April 2020, over 22,000 health and social care staff across the UK have used the Sleepio programme to help get their sleep back on track. Many staff have reported struggling with poor sleep for years and have been looking for the right solution. Here's your chance to learn more about improving your sleep from world class experts, using evidence based techniques. NHS Scotland has partnered with Big Health, who developed Sleepio, to deliver this live Q&A session with sleep experts Prof Colin Espie and Dr Dimitri Gavrilloff, as part of a World Sleep Day initiative. The Sleepio app can be [accessed here](#) on the [National Wellbeing Hub](#).

Colin and Dimitri are sleep medicine specialists at the University of Oxford and world experts in their field. **Colin** is the author of the bestselling book "Overcoming Insomnia and Sleep Problems: A self-help guide using cognitive behavioural techniques" and **Dimitri** is a clinical course tutor in sleep medicine at Oxford. Participants will have the opportunity to post questions in advance of the session. All questions asked will be anonymised. **Andrew** is Professor of Psychological Therapy, University of Glasgow Institute of Health and Wellbeing, Consultant Clinical Psychologist (NHS Greater Glasgow & Clyde) and Director of the NHS Scotland Mental Health Research Network.

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

## **Enhancing Personal Resilience: Managing Stress and Staying Positive**

**1 April, 14.00 – 15.00 or 16.00 – 17.00 hrs.**

**30 April, 12.30 – 13.30 hrs.**

**6 May, 13.00 – 14.00 or 15.00 – 16.00 hrs.**

These webinars will be led by Dr Alastair Dobbin (GP) and Dr Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health who developed the Feeling Good app. The session will include a short presentation with practical tips on using the app to improve sleep, resilience and wellbeing through reducing stress, worry and depression. There will be an opportunity for Q&A's. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff and Unpaid Carers [here](#) on the National Wellbeing Hub [www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot) .

[Click here](#) to register for the session on **1 April at 14.00**

[Click here](#) to register for the session on **1 April at 16.00**

[Click here](#) to register for the session on **30 April at 12.30**

[Click here](#) to register for the session on **6 May at 13.00**

[Click here](#) to register for the session on **6 May at 15.00**

## **Mindfulness stress reduction strategies for spring**

**31 March, 16.00 – 17.00 hrs.**

When your work life is busy and stressful, it's easy to miss what's going on around you because of all the mental clutter. Now that spring is here, the outdoors and the better weather can have a very rejuvenating effect on your mental health and well-being. Martin Stepek will show you how to take advantage of the spring and use mindfulness to help free your mind when you are feeling stressed, stuck or overwhelmed by work or life.

**Martin** is one of Scotland's foremost teachers in Mindfulness, a published author in the field and former Sunday Herald Columnist on Mindfulness. He will be running a number of sessions during this programme.

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

## **A foundation for health and wellbeing: A general Iyengar yoga class for those with and without previous yoga experience**

**12 April, 12.00 – 13.00 hrs.**

**26 April, 12.00 – 13.00 hrs.**

**10 May, 16.00 – 17.00 hrs.**

Yoga practice both relaxes and energizes the body and mind and brings vitality, flexibility, strength, concentration, self-confidence and mental calm. It helps you overcome and prevent many stresses, strains, aches and pains, and is a firm foundation for health and well-being. Iyengar yoga, the most widely used in the world, focuses on alignment of the body through the practice of asana (poses). Careful sequencing and the use of props helps the achievement of asana. These sessions will be led by Jane Walker.

Jane is an NHS consultant and an Iyengar yoga teacher. She began practicing yoga as a medical student and then trained as an Iyengar yoga teacher. Jane continues to practice and teach at the Edinburgh Iyengar Yoga Centre <https://www.yoga-edinburgh.com/>

No previous experience required but participants should wear comfortable clothing suitable for movement. Some yoga 'props' will be helpful if you have them such as an exercise mat (so you don't slip; bare feet please!), something to sit on (folded blanket, yoga bricks or pads), belt, chair. You are welcome to attend one or all of these sessions.

[Click here](#) to register for the session on **12 April at 12.00**

[Click here](#) to register for the session on **26 April at 12.00**

[Click here](#) to register for the session on **10 May at 16.00**

## **Self-care: a guide to making yourself a priority with mindfulness**

**14 April, 16.00 – 17.00 hrs.**

You spend your time caring for others at work and at home, but how often do you really look after yourself. Self-care isn't selfish, it's essential - especially the busier you are! Martin Stepek, one of Scotland's foremost teachers of mindfulness, will show you how mindfulness can help you make yourself a priority and ensure your batteries are recharged for your own well-being.

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

## **Helping you cope with low mood**

**16 April, 13.00 – 14.00 or 15.00 – 16.00 hrs., or**

**30 April, 14.30 – 15.30 hrs.**

These webinars will be led by Dr Alastair Dobbin (GP) and Dr Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health who developed the Feeling Good app. The session will include a short presentation with practical tips on coping with low mood, followed by a Q&A. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff and Unpaid Carers via the National Wellbeing Hub [www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot)

[Click here](#) to register for the session on **16 April at 13.00**

[Click here](#) to register for the session on **16 April at 15.00**

[Click here](#) to register for the session on **30 April at 14.30**

## **Mindfulness: simple tools for a stress free life**

**21 April, 16.00 – 17.00 hrs.**

Martin Stepek, one of Scotland's foremost teachers of mindfulness, will teach you how to use the simple, yet scientifically proven techniques of Mindfulness to recognise stress very quickly and give you some simple tools and techniques to deal with it. Living mindfully will help your stress levels dwindle and you'll be able to manage it more easily.

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

## **Reflective Practice in the workplace**

**22 April, 12.00 – 13.30 hrs.**

Aimed at health and social work/social care practitioners, this webinar introduces participants to reflective practice and how to make the best use of it in the workplace as a supportive, learning opportunity to process the challenges and as an enabler of wellbeing and personal resilience. Three experienced professionals will highlight how Reflective Practice can be usefully implemented in various settings: hospital / wards, social work / social care services and GP practices / primary care services.

**Dr Adam Burley** is a Consultant Clinical Psychologist at NHS Lothian's Psychotherapy Department. He runs the Homeless Clinical Psychology and Psychotherapy Service works with a wide range of public and third sector homeless organisations in Scotland. He has a particular interest in health inequalities, exclusion dynamics, early years, and the psychology of adversity.

**Lindsay Hall** is a Staff Development Officer with South Lanarkshire Council. She qualified as a social worker in 1994 and has worked in children & families services in both statutory and voluntary sectors, latterly specialising in learning & development, initially as a Practice Teacher with social work students and more recently as a staff development officer with a broader focus.

**Andrew Gillies** is Head of Spiritual and Person-Centred Care with NHS Ayrshire & Arran. Andy is a keen advocate of values based reflective practice in health and social care. He is interested in helping the professions to process the difficult and distressing situations they regularly face, and has seen the transformative impact of taking time to reflect on work in a safe, curious and hopeful way.

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

## **Be kind to yourself: let go of guilt and self-judgements with mindfulness**

**28 April, 16.00 – 17.00 hrs.**

Often we are our own worst critics. Unhelpful emotions like guilt and negative self-judgement are often a consequence of stress, worry and anxiety. Martin Stepek, one of Scotland's foremost teachers of mindfulness, will show you how to recognise these negative emotions arising and guide you on how to replace them with more positive emotions to be kinder to yourself. He'll also show you how to deal with the underlying stress which may be the cause of these emotions in the first place.

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