



HPFT IAPT Services

IAPT Psychological Wellbeing Webinars

HPFT IAPT services offer a programme of free NHS expert-led interactive live webinars designed to help individuals manage common mental health issues. We recognise that mental health does not always stay the same and that it can fluctuate as circumstances change. ***A variety of topics and dates are available to suit everyone's needs. Visit: www.hpft-iapt.nhs.uk***

An Experiential Introduction to Mindfulness

Synopsis: This webinar is an experiential introduction to the topic of mindfulness which includes an explanation of mindfulness, the benefits of regularly practicing mindfulness.

Key topics covered: A brief introduction to mindfulness with an opportunity to practice mindfulness with guided exercises including a body scan and mindful movement and considers ways of being more mindful in everyday life.

Benefits: Regular mindfulness practice can reduce the impact of stress, anxiety and depression whilst also improving sleep and physical health.

[Click here to view upcoming dates and register online.](#)

Bereavement: Living with Grief and Loss

Synopsis: This webinar is aimed at helping people navigate the complex and confusing landscape of grief and loss. It is dedicated to both people who are grieving and those who are trying to support them.

Key topics covered: There is no one way to grieve. This webinar explores unhelpful myths surrounding grief. It also addresses some of the unhelpful myths surrounding grief and explores the dynamic and constantly changing nature of grief.

Benefits: Explores the complexity of grief and loss and provides guidance on how to support a friend or loved one who is grieving.

[Click here to view upcoming dates and register online.](#)

Dealing with Depression

Synopsis: This webinar looks at the origins and experience of depression. Everyone will experience depression slightly differently, so managing low mood is easier if you can explore and understand your own situation, thoughts and behaviours.

Key topics covered: The experience of depression, ways to understand it and behavioural and cognitive tools to better manage depression.

Benefits: Delivers tools and techniques to help you understand your own feelings and make positive changes.

[Click here to view upcoming dates and register online.](#)

How to cope with stress

Synopsis: This is an introduction to the topic of stress including some theory, why it occurs and tips on how to manage stress levels. Stress is not something which just happens to us. Stressful events may be beyond our control but the response we choose is not.

Key topics covered: Learn how to spot the signs of stress, both physical and emotional, and the long-term effect it has on our bodies and our minds.

Benefits: Identifying how stress affects you and by using tools and techniques you can limit stress and feel better.

[Click here to view upcoming dates and register online.](#)

How to sleep better

Synopsis: This is an introduction to the topic of sleep difficulties including the importance of sleep for general wellbeing. Sleep is increasingly recognised as a vital element of our wellbeing, and poor sleep can adversely affect all aspects of day to day functioning.

Key topics covered: Explores common sleep problems and looks at the practical things we can do to improve our sleep to have a restful sleep.

Benefits: By learning more about how to have a regular bedtime routine and applying simple tools and techniques you can achieve a more refreshing sleep cycle.

[Click here to view upcoming dates and register online.](#)

Living Well with a Long-term Physical Health Condition

Synopsis: This webinar is an introduction to what it means to live with a long-term physical health condition and the ways in which it may take a toll on mental health. This webinar is for anyone who has a long term physical health condition or may have been recently diagnosed with an LTC.

Key topics covered: The links between physical and mental health and the impact stress can have on a long-term condition, including stress management and mindfulness taster.

Benefits: Learn ways to take care of your mental health which will also allow you to take better care of your physical health, such as self-management of your condition.

[Click here to view upcoming dates and register online.](#)

Living well with Diabetes

Synopsis: This webinar is an introduction to living with either Type 1 or Type 2 Diabetes and its challenges, both physical and mental. Living with diabetes can come with many different challenges, both physical and mental. It is important to understand the impact that your mental health can have on your physical health and vice versa.

Key topics covered: Challenges of living with diabetes and a holistic way of treating diabetes.

Benefits: Learn ways to take care of your mental health which will also allow you to take better care of your physical health, such as self-management of your diabetes.

[Click here to view upcoming dates and register online.](#)

Managing worry and uncertainty

Synopsis: This webinar looks at the process and experience of worry during this very challenging time, and the ways in which uncertainty can make this worse. During the webinar we will explore how to identify and limit worry, how to respond more constructively to current and future threats.

Key topics covered: It studies the nature and characteristics of worry, how it differs to anxiety and why uncertainty can be stressful, including factors that exacerbate it.

Benefits: Practical tips and tools to identify when you are worrying, how to respond and ways to feel better.

[Click here to view upcoming dates and register online.](#)

Menopause and Emotional Wellbeing

Synopsis: This webinar introduces the physical and emotional difficulties that women may experience when going through perimenopause and menopause. For many women, perimenopause and menopause can lead to a range of symptoms, which are unpredictable and may last for an uncertain amount of time

Key topics covered: The cause, physical symptoms and emotional difficulties associated with perimenopause and menopause, including top tips to manage physical symptoms.

Benefits: Learn different tools that can be used to look after emotional wellbeing whilst going through this stage of life.

[Click here to view upcoming dates and register online.](#)

Mindfulness: dealing with negative thoughts

Synopsis: This webinar explores the evolution of thinking, whether we are able to control what types of thoughts we experience most often, and how to develop acceptance for both pleasant and unpleasant experiences.

Key topics covered: How our feelings, behaviours and thoughts interact, why we have them, and how do these influence our behaviour, including a mindfulness exercise.

Benefits: Learn about the potential impact of avoiding negative thoughts and provides mindfulness exercises to learn how to take a step back from their negative thoughts.

[Click here to view upcoming dates and register online.](#)

Mindfulness: manage emotions and develop self-kindness

Synopsis: This webinar presents the idea of mindfully recognising, identifying and feeling more in control over our emotions. Mindfulness helps us to relate to our thoughts and emotions in a new way which can lead to a life d more fully in the present.

Key topics covered: Explores how we can be more present in our lives, identify our thoughts and emotions and teaches ways to accept the negatives and positives.

Benefits: Practices thinking kindly and positively about yourself and soothing touch to develop feelings of self-kindness.

[Click here to view upcoming dates and register online.](#)

Mindfulness: reconnect with your true self

Synopsis: This webinar discusses techniques to increase mindfulness in your life, as well as how to live a meaningful life in accordance to your individual values. Mindfulness practice helps us to live more fully in the present moment. It helps us to see more clearly how our mind works.

Key topics covered: Choosing actions to reflect our values and acknowledging how to we fit in to our social and cultural contexts while staying true to ourselves.

Benefits: Reflect on values important to you and understand how mindfulness can help set goals and act according to your values.

[Click here to view upcoming dates and register online.](#)

Relaxation skills

Synopsis: This is an introduction to the topic of relaxation including practical exercises. Stress and anxiety are common features of life, keeping us all in an exhausting state of psychological and physical tension. An effective way to reduce this tension is through relaxation.

Key topics covered: Our response to stress and why it feels so unpleasant, how relaxation can benefit and a series of easy exercises to help achieve relaxation.

Benefits: By learning simple but effective techniques we can choose to enter a more relaxed state of mind and body, irrespective of the difficulties facing us.

[Click here to view upcoming dates and register online.](#)

Wellbeing in pregnancy and early parenthood

Synopsis: This webinar is for imminent and new parents struggling with the pressures of their changing role. This period can be a demanding and stressful time, and it is normal to experience a range of thoughts and emotions.

Key topics covered: An insight into the common triggers and symptoms of postnatal stress and provides tools and techniques which can help tackle these symptoms.

Benefits: By noticing our thoughts and feelings and learning to modify them in small but helpful ways can make us feel better.

[Click here to view upcoming dates and register online.](#)

Long Covid: Moving Forward

Synopsis: This webinar introduces the physical and emotional difficulties that people may experience as a result of living with Long Covid.

Key topics covered: Looks at the different stages of Long Covid and the various physical symptoms associated with it and ways to self-manage the physical symptoms and the physical support available, including a guided exercise to learn how to control a productive cough.

Benefits: Teaches the benefits of using a CBT technique called activity scheduling alongside pacing to track your energy levels, find a balance in your day-to-day activities and improve your wellbeing.

[Click here to view upcoming dates and register online.](#)