

Free online weekly webinars

To help you in your recovery from Covid-19
and the impact of the pandemic on us all



February – April 2021

A partnership between occupational therapists, arts therapists
and the recovery colleges in North West London.

Interactive timetable

To attend all or some of the webinars just click 'Join' 5 minutes prior to the start time: Please be aware that the sessions might be recorded so that we can make them accessible to more people, by joining the sessions we are assuming you are consenting to this. If you wish to be anonymous please do not turn on your camera and change your name when connecting to the webinar.

Week 1: Managing anxiety

4 February 2021
10am
Passcode: 689831

[Join ▶](#)

Week 2: Introduction to mindfulness

11 February 2021
2pm
Passcode: 687997

[Join ▶](#)

Week 3: Understanding low mood

18 February 2021
10am
Passcode: 668560

[Join ▶](#)

Week 4: Let's talk about sleep

25 February 2021
2pm
Passcode: 567562

[Join ▶](#)

Week 5: How to manage tiredness and fatigue

4 March 2021
2pm
Passcode: 864196

[Join ▶](#)

Week 6: Managing anxiety

11 March 2021
2pm
Passcode: 230262

[Join ▶](#)

Week 7: Let's talk about sleep

18 March 2021
10am
Passcode: 443319

[Join ▶](#)

Week 8: Healthy routines during uncertainty

25 March 2021
2pm
Passcode: 587342

[Join ▶](#)

Week 9: Discovering Self-Compassion

1 April 2021
2pm
Passcode: 93065

[Join ▶](#)

Week 10: Creativity and Wellbeing

8 April 2021
10am
Passcode: 150043

[Join ▶](#)

We look forward to seeing you

Managing anxiety

Everyone experiences periods of anxiety at some stage in their lives. However, in these current times we can become more fearful, nervous and tense about the future. In this webinar we will look at how anxiety affects people in different ways, both emotionally and physically. We will look at the possible causes of anxiety and how best to manage these feelings during uncertain times. You will hopefully be able to gain the knowledge and be informed of resources that will help you with the worries and unease during this difficult period. This session is suitable for those who have had Covid 19 or those generally effected by the pandemic.

Thursday 4 February – 10am [Join](#) ▶

Thursday 11 March – 2pm [Join](#) ▶

Introduction to mindfulness

Thursday 11 February – 2pm [Join](#) ▶

Life is particularly challenging in these uncertain and unsettling times and events this year have had a significant impact on our emotional health. We can experience a range of internal distressing experiences like, self-critical thoughts, voices, fear and anxiety about the future. Practising mindfulness regularly is a strategy which has been proven to be effective for relieving, managing and overcoming many forms of distress in our minds.

In this webinar, we will talk you through how to meditate and how to focus on the here and now using mindfulness techniques, followed by relaxation techniques. This session is suitable for those who have had Covid 19 or those generally effected by the pandemic

Understanding low mood

Thursday 18 February – 10am [Join](#) ▶

Feeling low is a part of all of 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 tips to how you can improve your mood and what to do if you need further support. This session is suitable for those who have had Covid 19 or those generally effected by the pandemic.

Let's talk about sleep

Thursday 25 February – 2pm [Join](#) ▶

Thursday 18 March – 10am [Join](#) ▶

Living with a mental or physical health problem during these difficult times can affect how we sleep, and poor sleep can have a negative impact on our health and well-being. This two-hour webinar will explore how sleep works, why we need it, and the common causes of some sleep problems, with the aim of helping with some strategies to improve our sleep.

This session is suitable for those who have had Covid 19 or those generally effected by the pandemic.

How to manage tiredness and fatigue

Thursday 4 March – 2pm [Join](#) ▶

Fatigue is a normal part of the body's response to fighting a viral infection such as COVID-19. Fatigue is likely to continue for some time after the infection has cleared. In this webinar we will look at how to manage fatigue, offering practical advice for those recovering at home. We will also provide some practical tips on how to move forward. This course is specifically tailored to those who have had Covid 19 and are experiencing fatigue as a symptom, those with general tiredness are also welcome to join but be aware some of the content may not be relevant.

How to keep up with healthy routines during uncertainty

Thursday 25 March – 2pm [Join](#) ▶

One of the biggest impacts that the corona virus has for many of us is in completely disrupting our usual routines. Routine, boring as it may sound, is a cornerstone of good mental and physical health and without routine, life can become unpredictable. Having routine means we know what's coming next and helps us to implement things that are good for us. During this webinar we will look at why routine is good for our wellbeing, how to maintain our normal routine or how to implement new routines. This session is suitable for those who have had Covid 19 or those generally effected by the pandemic.

Discovering Self-Compassion

Thursday 1 April – 2pm [Join](#) ▶

Do you tend to criticise and judge yourself more harshly than you would others? Do you concentrate more on your mistakes and failures, rather than your strengths and successes? Do you often feel that you are not doing enough or that you are not good enough? Having self-critical thoughts is a common human experience and in these very challenging times these internal critics can get louder due to low mood, isolation and recovering physically and mentally from COVID. There is another way. Developing self-compassion, and learning to be kinder to ourselves is possible for everyone and it is something which can be learnt. This workshop will support you to develop more compassion for yourself right now and to help you through this difficult period and beyond.

Creativity & Wellbeing

Thursday 8 April – 10am [Join](#) ▶

The importance of creativity and wellbeing should not be underestimated, especially during this challenging time. Through arts and creativity, we can discover more about ourselves and how we connect with others, overcome challenges and imagine other possibilities. This webinar will offer a perspective on how arts and creativity can help us discover more about ourselves and our relationships, and how engaging in the arts can have a very positive impact on our wellbeing.

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