

# Emotional Wellbeing & how to look after you

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# Workshop Outline:

- Emotional Wellbeing
- How might parents/carers raising children with additional needs feel?
- Stress
- Worry
- Low Mood
- How to look after your wellbeing
- Services in the community



# Emotional Wellbeing

- Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment.
- Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences.
- But poor mental wellbeing can make it more difficult to cope with daily life.
- There are lots of things we can try to take care of our wellbeing which we will go through today.



**How might  
parents/carers  
feel raising  
children with  
additional needs?**

# The Parent/carers perspective

Positive emotions	Difficult emotions
Proud	Not feeling supported
Happy	Frustration
Positive	Anger
'Do not sweat the small stuff'	Low mood
Feeling supported	Fear of the future

## What can these difficult emotions lead to?

- Stress
- Worry
- Low Mood
- Not wanting to engage with services



# Stress

# Stress

Stress relates to two things:

- Situations or events that put pressure on us e.g. where we do not have much control.
- Our reaction to being placed under pressure – the feelings we get when we have demands placed on us that we find difficult to cope with.
- Stress can cause mental health problems and make existing problems worse. For example, if a person finds it difficult to manage feelings of stress they may develop a mental health problem.
- Mental health issues can also cause stress e.g. need to manage medication, health care appointments exc.



# Signs of Stress

Emotional	Behavioural	Physical
Irritable, aggressive, impatient	Finding it hard to make decisions	Swallow breathing or hyperventilation
Anxious	Avoid situations	Muscle tension or headaches
Racing thoughts	Snapping at people	Problems getting to sleep
Depressed	Biting nails/picking the skin	Tired all of the time
Uninterested in life	Eating too much/too little	Grinding teeth or clenching jaw
Neglected or lonely	Smoking/drinking more than usual	Chest pains
Over-burdened	Being tearful/crying	Feeling sick, dizzy or fainting

# Stress Bucket



Coping strategies



# Worry

# What is Worry?

Worry is a feeling of uneasiness and fear which can be known as anxiety. It incorporates both the emotions and the physical sensations we might experience when we are worried or nervous about something. Although, we usually find it unpleasant, worry is related to the 'fight or flight' response – our normal biological reaction to feeling threatened.

It is common to feel anxious from time to time. It's common to feel tense, nervous and perhaps fearful at the thought of a stressful event or decision you're facing – especially if it could have a big impact on your life. For example:

- Health concerns
- Regarding family/friends
- About the future
- Deciding to end a relationship

# Worry symptoms

Physical Sensations	Psychological Sensations
Nausea (feeling sick)	Feeling tense, nervous, and on edge
Tense muscles and headaches	Having a sense of dread, or fearing the worst
Sweating or hot flushes	Feeling your mind is really busy with thoughts
A fast, thumping or irregular heartbeat	Dwelling on negative experiences or thinking over a situation again and again
Difficulty sleeping	Feeling restless and not able to concentrate
Needing the toilet more frequently or less frequently	Feeling numb

# Can you remember a time when you felt worried about something?

- How did you feel?
- What made you feel better?
- What made you feel worse?
- How did you get past it?



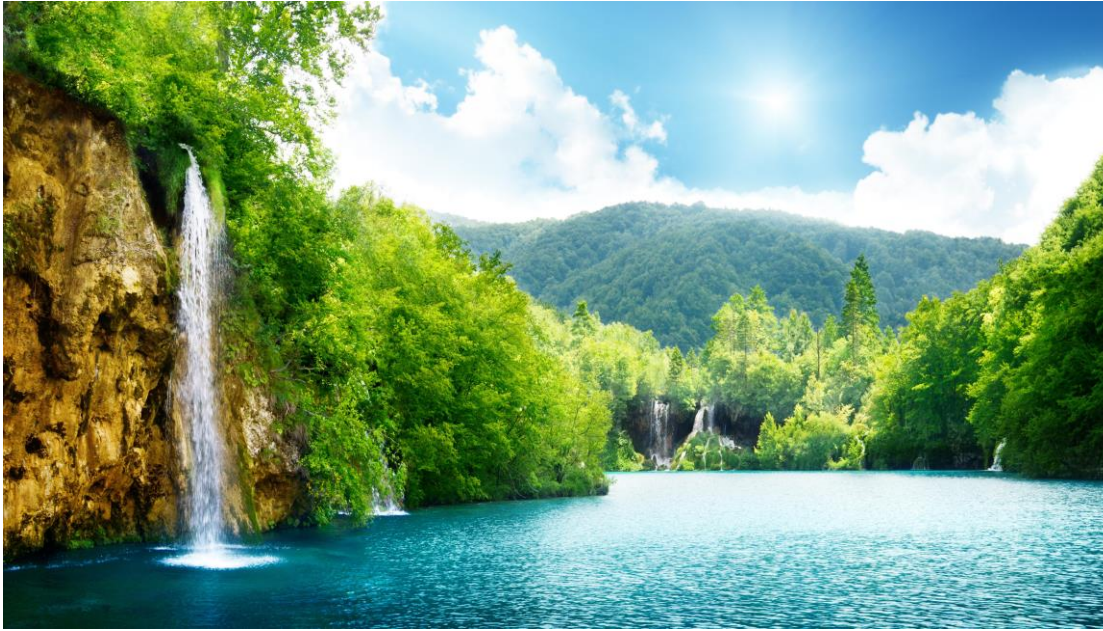
# How can I help myself?

# Talk to someone you trust





# Try shifting your focus



# Listen to music



# Physical exercise



# Rationalise





# Low Mood

# Low Mood

Low mood can be described as low spirits and it may or may not affect your everyday life.

There could be many reasons why a person is low in mood:

- Stress at work
- Tiredness
- Dealing with a difficult situation
- Argument with a friend
- Relationship difficulty

# Symptoms of Low Mood

How you might feel	How you might behave
Down, upset, tearful	Avoiding social events you usually enjoy
Restless, agitated or irritable	Self-harming or suicidal behaviour
Guilty, worthless and down on yourself	Finding it difficult to speak or think clearly
Empty and numb	Losing interest in sex
Isolated and unable to relate to people	Difficulty in remembering or concentrating on things
No self confidence or self esteem	Feeling tired all the time

# How can I help myself?



# Stay active



## Learn to accept yourself

- One of the most important steps in maintaining mental wellbeing is to learn to accept yourself. If you value yourself, you are more likely to have positive relationships with other people and find it easier to cope with difficult times in your life.
- Here are some tips to help you increase your self-esteem:
- Try not to compare yourself to other people.
- Acknowledge your positive qualities and things you are good at.
- Learn to identify and challenge unhelpful thinking patterns.
- Use self-help books and websites to help you change your beliefs.
- Spend time with supportive people.
- Be assertive – don't allow people to treat you with a lack of respect.
- Engage in hobbies that you enjoy.

## Take time to relax

It is important to make time for yourself and relax. In order to look after others you need to first care for yourself.

- Self-care is not self-indulgent, it's essential.
- Do something you like, or even just take a five-minute break to look out of the window. Learning a relaxation technique, such as yoga, meditation or mindfulness (find out more at [bemindful.co.uk](http://bemindful.co.uk)) can also help you relax and reduce stress levels.



# Mental Health support

# Mind in Bexley

## IAPT (Talking therapies service):

For: Individuals over 18 registered with a Bexley GP who are struggling with mild-moderate Anxiety/Depression

- Counselling, Cognitive Behavioural Therapy & online therapy available
- Mental health support for Long term Health conditions
- Therapy for parents in the Perinatal period (and parents of babies under 1 year)
- Trauma focused therapy (EMDR)
- Bereavement support
- Individuals can self-refer, information on our website – [www.mindinbexley.org.uk](http://www.mindinbexley.org.uk)



# Recovery College

For: Individuals registered with a Bexley GP/who live in Bexley who are struggling with mental ill-health

- Befriending
- Weekly check in calls
- Mentoring
- Digital timetable with an array of online courses to improve wellbeing includes parent group.
- Workshops include: Understanding Anxiety, craft workshop
- Can register on our website

# Wellbeing Line

For: Anybody 18+ in Bexley feeling stressed, worried, low or perhaps they just need to talk to somebody.

- Call 0808 196 3896. Open Monday-Friday 10am-3pm
- We will offer support
- Refer them into our services
- Signpost them to other services

# Crisis Cafe

For: Individuals living in Bexley who are experiencing severe emotional/psychological distress and need immediate Support.

- Open: Monday-Sunday 6pm-10pm
- Meet with wellbeing workers on a 1:1/group basis
- No appointment needed just turn up
- Calm and relaxed atmosphere



# Carers

For: Those who care for an adult 18+ in Bexley struggling with their Mental health and/or addiction

- Regular wellbeing phone calls with carers
- Practical and emotional support
- Carers groups
- Relaxation sessions
- Can call 0203 912 0030 or self-refer on website

# Community Connect

For: Those 18+, registered with a Bexley GP feeling stressed, isolated or unwell

- They will connect you to:
  - Education and learning opportunities
  - Healthy living, physical or outdoor activities
  - Socialising, support groups
  - Arts, music and cultural groups
  - Employment skills, volunteering



# Community Pantry

Open Tuesdays and Wednesdays 11:00am to 2.30pm

301c Broadway, Bexleyheath DA6 8DT

Open to Bexley borough residents only.

Proof of Bexley residency will be required

## Bring your own bag

A community food store for those who are finding it difficult to afford essentials at the moment.

For a contribution of £4, individuals will be able to choose from a variety of fresh and tinned foods worth up to £20.

To book your slot email:

[communitypantry@mindinbexley.org.uk](mailto:communitypantry@mindinbexley.org.uk)

or call/text Shirley on: 07951 493 215

## Donate:

[justgiving.com/  
campaign/  
mibcommunitypantry](https://justgiving.com/campaign/mibcommunitypantry)



All of our food will be stored correctly.  
Once the items have left the pantry they are your responsibility.



## Other Mental Health services

- Samaritans:
- 24-hour emotional support for anyone struggling to cope. 24-hour Freephone helpline: 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Samaritans.org
- Visit your GP:
- If you feel you need support you can speak to your GP who will refer you to the correct service.
- Mental Health Urgent Advice Line: 0800 330 8590 (24 hour service)

Thank you for attending this workshop. We hope you found it helpful!