**Wellbeing webinar**

We can all experience stress and worry from time to time, but sometimes it can feel overwhelming and can be distressing.

The BSW Wellbeing Matters service, which provides support to health and care staff affected by the pandemic in BaNES, Swindon and Wiltshire, is hosting its first webinar next month.

The webinar will be delivered by Chris Gillmore, Consultant Clinical Psychologist, and Taruna Jamalamadaka, Senior Clinical Psychologist, from Avon and Wiltshire Mental Health Partnership (AWP) NHS Trust.

The online session for health and social care staff in BSW will take place on Thursday 4th November, from 9.30am to 11am, and will explain what can trigger stress and worry, how it can affect us and why we react the way we do.

It will also focus on the compassionate mind model, which helps us to understand why we feel anxious and then look at what can help, including things you can do to help yourself, as well as how to access treatments.

The team will cover:

* How stress and worry affect us
* Making sense of feeling anxious with the compassionate mind model
* Sources of help and support
* Coping techniques to take away

To join this session, please contact the Wellbeing Matters Team by email - [awp.bswwellbeinghub@nhs.net](mailto:awp.bswwellbeinghub@nhs.net) - stating that you would like to attend the webinar on coping with stress and worries. They will then send you a link to join.

The BSW Wellbeing Matters service provides support to health and social care key workers affected by the COVID-19 pandemic in the Bath and North East Somerset, Swindon and Wiltshire (BSW) area.

They can provide direct access to psychologists and registered mental health clinicians who will use their expertise to assist health and social care key workers in accessing help and support.

Clinicians will be able to signpost to resources and interventions for a range of difficulties, including:

* Feeling down, depressed or that things are ‘hopeless’
* Feeling anxious or worried about things
* Having trouble relaxing or getting to sleep
* Feeling tired or that you’ve got no energy
* Losing interest in things you normally enjoy doing
* Not feeling like eating as much, or eating more than normal
* Finding it hard to concentrate on what you’re doing
* Feeling angry or frustrated, even about small things
* Feeling frightened of doing things that you used to be fine with, like going outside

The BSW Wellbeing Matters Team will also offer consultation, advice and support to organisations across the BSW area who employ health and social care staff.  The team will help services think about the wellbeing of their staff and offer advice and support as appropriate.

To find out more about the BSW Wellbeing Matters service, please visit: <http://www.awp.nhs.uk/advice-support/bsw-wellbeing-matters/>