

Managing Low Mood Webinar

What is a webinar?

- A webinar is a live online event delivered by 2 therapists on Microsoft Teams
- A webinar is a workshop designed to provide and teach techniques for managing low mood, using Cognitive Behavioural Therapy (CBT)
- A webinar is informal, friendly and interactive!

What can I expect in the managing low mood webinar?

- **1hr30 sessions each week for 6 weeks.**
- **On average 50 participants in a group.**
- **Flexible times** – we have morning, afternoon and evening webinars to fit your schedule
- **Confidentiality** – you will not be able to see or hear other participants, and they will not be able to see or hear you
- **Support** – the facilitators are on hand to answer any questions or concerns in real time
- **Shared experience** – while the webinars are confidential and there is absolutely no expectation, you can share your thoughts, questions and answers with other participants anonymously if you would like to: you are not alone in this!

How can I get the most out of it?

Attendance – we encourage you to attend ALL sessions so you can maximise the benefits; please be aware that 2 missed sessions will result in discharge

Interaction – you can type questions and answers into the interactive Q&A features and share your experiences where you feel comfortable

Materials – each week's session will be supplemented by a booklet containing all of the information covered and lots of activities for you to do to practice your new skills at home

Home practice – each week you will be set simple homework tasks, such as keeping a panic diary or practicing mindfulness; on average we would encourage you to spend 5-10 minutes a day on home practice, dependent on the task

Revisiting the information regularly – all the webinars are recorded and available for you to rewatch and review for 6 months to consolidate your learning

What will I learn?

Session 1: Introduction to CBT, what is low mood and SMART goals

Session 2: The impact of behaviour and Behavioural Activation

Session 3: Barriers to Behavioural Activation, boosting motivation and problem solving

Session 4: Self-care, including sleeping, eating well and relaxation

Session 5: Impact of thoughts, thought challenging and mindfulness

Session 6: Relapse Prevention, staying well and planning for the future

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