

Winter Wellbeing

Green Cross Training Webinar series

in partnership with the Benedetti Foundation



Overview

Winter often brings with it a series of mental health challenges for many of us – family concerns, financial worries, S.A.D, and many others. In a YouGov study, over 50% of respondents said that this time of year adds stress and pressure, with 30% of those saying they feel a decline in their mental wellbeing.

We are aiming to deliver our *Winter Wellbeing* webinars to as many people as possible across the country. We have been delivering Mental Health support and training for a number of years to over 5,000 people across the country.

It's been a tough year for everyone with furlough, redundancy, and many lockdowns, but this year has also brought the country closer together – we are all in this as one. That's why we're asking for your assistance in facilitating these webinar sessions for those in need of support, so we can all help each other.

We are thrilled to collaborate with the Benedetti Foundation, one of the world's leading music education organisations. They recognise the power of the arts in supporting people through difficult times. The Benedetti Foundation will offer consolation and uplift through the power of music, and will collaborate with us in our quest to create safer communities.

Your involvement

We are asking for your help to help others, to promote healthier work and home environments, and to spread the gift of wellbeing this winter. We are inviting you to sponsor as many seats on our webinar as you like, at the cost of £10 (+ VAT) per person. Organisations, groups, and individuals are all welcome.

Winter Triggers

We'll be discussing common winter triggers, and how they can impact us.

Signposting & Support

Exploring the support networks and organisations that are available.



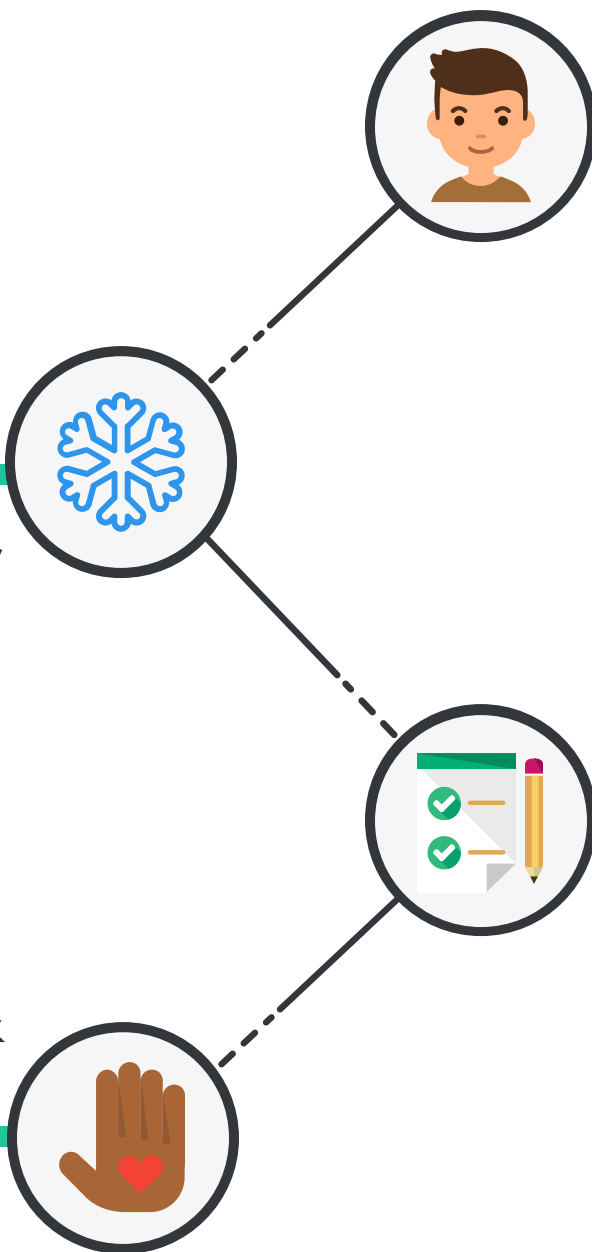
Mental Health

What is Mental Health and how does it affect us?



Action Planning

What can we do to manage our Mental Health and stay in control?



Charitable Donations

It's important to us that the people joining the Mental Health webinars can do so for free – paying shouldn't be a barrier to getting help. We will be asking attendees to donate whatever they can to FareShare, so they're helping pay forward your kind donation.



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Scheduling

The four topics we will cover all fall into the one webinar session which typically lasts 1 hour. We will be running 3 sessions each day on the following dates:

- Tuesday 1st December
- Wednesday 2nd December
- Tuesday 8th December
- Tuesday 15th December
- Thursday 17th December

We'll be monitoring capacity on each session and scheduling more if we need to.

Webinar Content

What is Mental Health?

We'll be discussing thoughts about the season – "we should do", "expected of us", "it's Christmas", "the year we've had", etc.

Pressure on someone can be increased due to the significance of this season, and the social expectations of us. This is amplified this year significantly because of Covid-19.

By refocusing and rethinking our concept of Christmas, we can change the impact it has on us.



Triggers

Mental Health triggers aren't universal – they affect different people in different ways. We'll be exploring some common triggers (see some examples below), and then we'll work through to *Action Planning* on how to manage these.



Some examples of triggers we'll discuss include:

- Seasonal Affective Disorder (SAD)
- Access to support services during holiday season
- Loss & bereavement
- Children's expectations
- Isolation, loneliness, and sadness

Action Planning

Now that we've discussed some of the triggers, we'll explore how we can deal with this in a healthy way. We split this into *Revalue, Plan, Action, and Coping Strategies*.

Revalue – Looking at selfcare rather than obligation – what really matters to us?

Plan – What can be helpful and what does it look like? What do we need to do stage by stage?

Action – Realise that at times it may not go as we expected – how do we adapt to this?

Coping Strategies – What works best for us? talking, walking, music, giving, volunteering, etc



Signposting & Support

We'll direct course attendees to some fantastic support structures in place including:

- CRUSE
- SAMH
- SHOUT
- National Domestic Abuse
- Young Minds
- BEAT

