

# Recovery College Webinars

Courses	What we will do in the session:
<b>Acceptance</b> (1 session)	Our attitude towards what we experience plays a major factor in how we think and feel about our experience. We will be looking at how we can be more able to acknowledge our thoughts, feelings and bodily sensations, whatever they are, without the need to fight or avoid them.
<b>Creating Good Vibes</b> (1 session)	There is lots of scientific research suggesting that when we do something for others it increases our own sense of wellbeing and our happiness. In this webinar we are going to send out good vibes to our loved ones and to the world.
<b>Early Warning Signs</b> (1 session)	Thinking about, and identifying, your early warning signs can be a difficult and unnerving as it generally involves recalling a difficult time. In this webinar you will learn how to identify your early warning signs and look at them from different perspectives so you can plan what to do when they emerge.
<b>Five Ways to Wellbeing</b> (3 sessions)	In this series of webinars students will be able to discuss the concept of Wellbeing – what it is and how they can benefit from understanding it better. The sessions will look at the key elements that make up 'wellbeing': noticing, keeping active, learning, connecting with others and giving. There will be an opportunity to discuss ways of introducing these elements into your everyday routine that will help improve your overall wellbeing and state of mind.
<b>Medications – Understanding Antidepressants</b> (1 session)	Using, changing or coming off medication can be a short-term plan or a long-term life decision. In this webinar, students will learn about the different types of Antidepressants; the benefits and potential side effects, and how some of those can be reduced. The session will provide space for you to think about how antidepressants have affected you in the past and look at any concerns you may have about being prescribed them in the future. You will be able to ask questions & learn what help is available to support you to make a decision that's right for you.



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<p><b>Medications – Understanding Mood Stabilisers</b> (1 session)</p>	<p>Using, changing or coming off medication can be a short term plan or a long term life decision. In this webinar, students will learn about the different types of Mood Stabilisers; the benefits and potential side effects, and how some of those can be reduced. The session will provide space for you to think how Mood Stabilisers have affected you in the past and look at any concerns you may have about being prescribed them now. You will be able to ask questions or learn what help is available to support you to make a decision that's right for you.</p>
<p><b>Medications – Understanding Antipsychotics</b> (1 session)</p>	<p>Using, changing or coming off medication can be a short term plan or a long term life decision. In this webinar, students will learn about the different types of Antipsychotics; the benefits and potential side effects, and how some of those can be reduced. The session will provide space for you to think how Antipsychotics have affected you in the past and look at any concerns you may have about being prescribed them now. You will be able to ask questions or learn what help is available to support you to make a decision that's right for you.</p>
<p><b>Mindful Breathing</b> (1 session)</p>	<p>Participants will practice two quick and easy meditations that help us stay calm, centered and support our well-being. These practices are suitable to use at home as well as when we are out and about.</p>
<p><b>Mindfulness for beginners</b> (1 session)</p>	<p>We have all heard about Mindfulness but what is it really about? In this webinar we explore the habit of the mind to think and how to settle our mind.</p>
<p><b>My Toolbox for Wellbeing</b> (1 session)</p>	<p>Participants will learn what a toolbox is and how it can be used to support mental wellbeing. Additionally, they will have an opportunity to engage in two practical activities consisting of reviewing their toolboxes (for those who already have one) and how to create one tailored to their current needs, with support from trainers and an exchange of ideas from other participants.</p>
<p><b>Nature of Thoughts</b> (1 session)</p>	<p>In this session we take a closer look at thoughts, using an exercise that is designed to give us more insight into what floats through our minds while at the same time developing the capacity for being “the observer” rather than actively participating in them</p>



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<b>Relaxation</b> (1 session)	Participants will learn two quick and easy ways to help us relax and support our well-being. The practices can be easily used in daily life when we feel the need to be calm and centered.
<b>Routines</b> (1 session)	Participants learn how building a meaningful routine can improve mental health by giving you a sense of purpose, providing a feeling of achievement and improving your motivation. You will be able to explore the features of a helpful routine and begin working on one that is right for you.
<b>Self-Compassion</b> (1 session)	Participants will learn an easy way to access their potential for self-compassion. This easy practice enables us to respond to life's challenges with kindness and understanding instead of self-criticism.
<b>Stress Management</b> (1 session)	Participants will learn about stress, the flight and fight response and two simple techniques to quickly reduce body tension and to help you feel calmer. The practices can be easily used in daily life to help you to better manage your stress.
<b>Taking in the Good</b> (1 session)	In this webinar we look at what scientists call the "negativity bias", our tendency to remember the negative more than the positive. We explore how this affects us and what we can do to balance its impact by taking in the good.
<b>Triggers</b> (1 session)	In this webinar you will learn what triggers are and how to recognise them. Become your own expert by being able to recognise the impact triggers can have on your health and wellbeing, and what you can do to help manage them.
<b>Visualisation</b> (1 session)	Creative visualization is used in many ways. Scientific studies have shown the positive effect of creative visualisations in connection with health i.e. supporting the immune system, reducing stress, reducing pain but also as a self-management tool. Whether you enjoy visualisations, want to try it out or improve your visualization skills, join us in this webinar.



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