

Wellbeing Webinars

Produced and delivered by Paul Barrett, Head of Wellbeing for the Bank Workers Charity, an occupational psychologist with over 25 years' experience in workplace wellbeing.

The needs of carers during COVID-19

Webinar overview

- The UK caring landscape
- The impact of the pandemic on carers
- The wellbeing of carers
- Carers in the workplace
- The positives of caring
- Support for carers, (inc brief BWC case studies)

Promotional content

It's been estimated that unpaid carers in the UK save the economy £132 billion pounds a year - more than the full cost of the NHS. Yet, despite the enormity of their contribution, carers remain undervalued societally.

This session explores the landscape around caring in the UK and focuses on the additional burden on carers, brought by the pandemic. It will highlight the positive aspects of caring too, but using examples from real life cases it will also identify important sources of support.

Maintaining good mental health and wellbeing in difficult times

Webinar overview

- The world we're in, and the uncertainties we face
- What happens when we're anxious
- Social contagion and anxiety
- Stress and the pandemic
- Social isolation and wellbeing
- Managing stress and anxiety
- Building resilience

Promotional content

Drawing on ideas from neuroscience and psychology, this session looks at the ways we can manage any stress or anxiety we're facing but focusing very much on the situation we find ourselves in and the constraints it imposes.

It identifies positive steps to help us manage the specific anxieties and stresses the pandemic has generated. It also looks at practical steps we can take to build our resilience and leave us better placed to face any difficulties that may lie ahead.

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The importance of sleep and taking a break during the pandemic

Webinar overview

- What has happened to our sleep during the pandemic
- Why sleep is important and what happens if we don't get enough
- Sleep at different life stages
- How we can improve sleep quality and quantity
- How taking breaks boosts our productivity and our wellbeing
- Integrating regular breaks into your daily work routine

Promotional content

New UK research shows that the pandemic is having a negative impact on our sleep quality, with many of us feeling fatigued, suffering fragmented sleep patterns, or being kept awake by concerns around coronavirus.

Yet, sleep and taking regular breaks are vital to maintaining the good health and wellbeing we need to deal with the complex world we're now living in.

This webinar looks at the science behind sleep and explores how taking breaks benefits us at home and at work.

The pandemic and our relationships

Webinar overview

- How the pandemic has affected our relationships
- The different relationship scenarios affected by the pandemic
- How to maintain strong relationships
- The importance of colleague relationships
- The shadow pandemic - domestic abuse
- Examples of BWC support with relationship problems

Promotional content

Many experts in human relationships believe the pandemic, with its uncertainties and stresses, has placed an unprecedented strain on our social connections.

Using a range of different scenarios, this webinar will explore the impact that coronavirus has had on our relationships, for good and for bad and will offer some suggestions on how we can sustain our most important relationships at such a difficult time.

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Financial wellbeing during the coronavirus pandemic

Webinar overview

- Understanding financial wellbeing
- Our personal finances in the period leading up to and following the lockdown
- How financial wellbeing affects other areas of our wellbeing
- The causes of financial difficulties
- Assistance from BWC and other specialists in financial support
- How BWC has helped employees experiencing pandemic-related financial problems

Promotional content

With the world around us changing rapidly, our financial circumstances are changing too and large numbers of people have seen their household income reduce.

Knowing what help is available, and maximising income can be really important.

This webinar explores what financial wellbeing is - and why it's more important than ever during these difficult times.

Understanding grief and supporting bereaved colleagues

Webinar overview

- What grief is
- Common bereavement responses
- Grief during COVID-19
- The most and least helpful things for a bereaved person
- What to say and what not to say
- Managerial considerations

Promotional content

Coronavirus has had a life-transforming impact on everyone living in the UK. Almost no aspect of our lives has gone untouched. One of the most troubling things about the pandemic is our fears for our loved ones.

Sadly, most of us will soon know of a person who has lost someone close and we will want to be in a position to offer them comfort and support.

This webinar aims to provide an understanding of grief and how to best support someone that has experienced a loss.

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