



# IAPT Psychological Wellbeing Webinars

**The IAPT Psychological Wellbeing Webinars are available for free to local businesses, organisation and services to support staff wellbeing.**

These live introductory webinars are interactive and can be booked at a time that is most suited to you. They typically last 45 minutes and a private chat function is available for attendees to talk directly to our team.

## **How to cope with stress webinar**

This is an introduction to the topic of stress including some theory, why it occurs and tips on how to manage stress levels. We will explore how to spot the signs of stress, both physical and emotional, and the long term effect it has on our bodies and our minds.

## **How to sleep better webinar**

This is an introduction to the topic of sleep difficulties and how to manage them. We look at the importance of sleep for general wellbeing, the relationship between worry and sleep and the practical things we can do to improve our sleep.

## **Relaxation skills webinar**

This is an introduction to the topic of relaxation. It identifies the benefits of relaxation as well as providing three different practical relaxation exercises, guided by the facilitator, so participants can experience varying method of relaxation.

**Get in touch now to book!**

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