

**Total
Wellbeing
Luton**

Total Wellbeing Luton Talking Therapies Workshops & Webinars



Welcome

Total Wellbeing Luton offers:

- Free Wellbeing Webinars
- Free Wellbeing Workshops to organisations, businesses and community groups
- Free Emotional Health Treatments/Therapy
- Healthy Lifestyle Support and Services



Our services



Workshops for organisations:

1 hour long, wellbeing workshops delivered face to face. Available to all organisations, businesses and community groups in Luton. Suitable for staff, volunteers, students or clients who are over 16, living, working or studying in Luton, Milton Keynes & Central Beds. For further information contact Nazma.Miah@turning-point.co.uk. Details of each topic is available in this booklet.

Webinars:

1 hour long wellbeing webinars, Available to anyone over 16, living/studying/working in Luton, Milton Keynes and Central Bedfordshire. These sessions are live, delivered by a therapist. Attendees do not need to have their camera on or be interactive if they choose not to. Book directly on our website at least 36 hours in advance. [Total Wellbeing Luton | Wellbeing Webinars](#)

A vast range of free Emotional Health Treatments:

Available to those over 16, living in Luton, registered with a Luton GP. Can self-refer or be referred by a professional such as GP. To find out more about our treatment options contact Total Wellbeing Luton

A range of Healthy Lifestyle Support and Services:

Assessment required. Services include Adult Social Prescription, Weight Management, Stop Smoking and much more. Please contact us for further information

Contact Total Wellbeing Luton for further information



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Wellbeing Workshop Topics



1. NHS Talking Therapies
2. Anxiety & Worry
3. Assertiveness
4. Body Image
5. Building Self Esteem & Confidence
6. Caring For A Loved One
7. Compassion-Kindness
8. Coping With The Festive Season
9. Depression & Anxiety
10. Job Search Anxiety
11. Empty Nest Syndrome
12. Exam Stress Workshop
13. Coping with Financial Worries
14. Food and Mood
15. Health Topics
16. Loneliness and Isolation
17. Low Mood & Depression
18. Menopause – Understanding Menopause
19. Men’s Emotional Health Workshop
20. Navigating Relationship Breakdown
21. Perinatal – promoting your own wellbeing
22. Ramadan & Wellbeing
23. Resilience - Building resilience
24. Steps to Self Care
25. Seasonal Affective Disorder (SAD)
26. Sleep Hygiene Workshop
27. Stress – Managing Stress
28. Smoking – Benefits of Giving up
29. Social media pressures
30. Vaping – Benefits of Stopping to Vape
31. Winter Wellness Workshop
32. Women's Emotional Health
33. Work Life Balance Workshop



NHS Talking Therapies




Total Wellbeing Luton is the local Provider for NHS Talking Therapies in Luton.

This 45 minute presentation will provide a comprehensive overview of the therapies we offer, eligibility criteria and the referral pathways, including how professionals and residents can access our services



Contact Total Wellbeing Luton via the Details Below

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Anxiety & Worry Workshop

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Feeling anxious and worried?

This workshop is designed to provide you with information around anxiety and worry and why you may be feeling like this.

You will leave with techniques that will enable you to cope better in situations that you may feel unable to.



Assertiveness Workshop

The aim of this workshop is to learn what assertiveness is and then to practice behaving and communicating more assertively, while reducing communicating in passive and aggressive ways.

People who are unassertive usually have low self-esteem, so it is important to restore some sense of worth back to yourself. Therapy will help you to feel in control, more confident and less anxious.



Passive



Assertive



Aggressive

Being assertive helps you to gain more respect from others, satisfy your needs, resolve conflicts, feel better about yourself and achieve your goals.

Body Image Workshop

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Body image is how we think and feel about ourselves physically and how we believe others see us. This workshop is for people who struggle with the way they perceive their appearance.

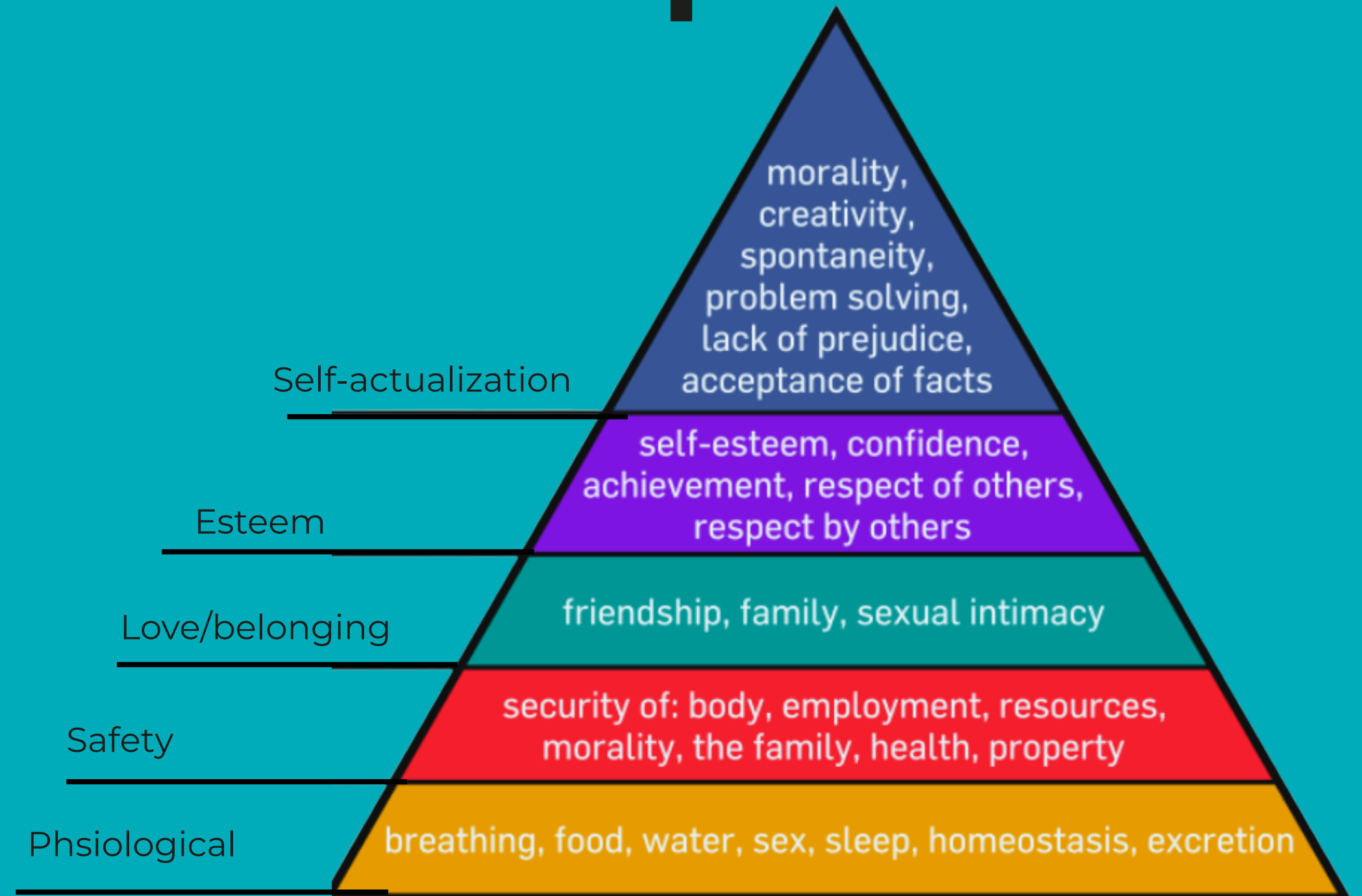
This workshop will explore what the term 'body image' means, factors that can affect our body image, different representations of beauty, and steps that we can take to improve our own body image.

The workshop will also examine the link between a person's perception and beliefs regarding their own body image, their physical self and the thoughts, feelings and behaviour that result from that perception.



Self Esteem & Confidence Workshop

This workshop will improve our understanding of how low self-esteem develops, our core beliefs and the impact of low self-esteem in day to day life. It will offer techniques that will increase confidence through awareness and practical CBT skills.



Caring For A Loved One Workshop

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Supporting someone who is struggling with low mood or anxiety can be difficult.

This workshop will help you understand different techniques to support a loved one who may be suffering with some mental health problems.

It will also help you to make sure you manage your own wellbeing as looking after yourself is just as important and the people you may care for.

Compassion- Kindness Workshop

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Thoughts are affected by how we feel and vice versa which is why it's important that we are kind to ourselves as well as others.

This workshop will help you to connect with your compassionate side. Enabling you to be kind to yourself by ensuring you are able to talk and look after yourself like you would to someone else.



Coping With The Festive Season Workshop

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This workshop aims to help you to realise that although many people love the festive period, it can also be a difficult time in terms of expectations, financial pressures, isolation and loss.

It may provoke painful memories for you, some may feel loneliness and find it difficult with the dark nights, and poor weather.

It can be a time when people reflect on their year and maybe it was a lot harder than they had originally anticipated.

What-ever your struggles during the festive period, this workshop aims to teach you some helpful ways of lifting your mood and managing the range of emotions you may feel.

Depression & Anxiety Workshop

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This workshop will improve understanding of what makes us vulnerable to depression and anxiety, it will explore some CBT techniques and practical strategies that will help break the cycle of depression and anxiety.



Employment Anxiety Workshop



Feeling anxious at work?

This workshop is designed to provide you with information around anxiety and why you may be feeling like this.

You will leave with techniques that will enable you to cope better in situations that you may feel unable to.



Empty Nest Syndrome Workshop

Empty nest syndrome refers to the distressed emotions that parents experience when their children leave home.

This could be when they go to University or move out of the family home. It is usually a bittersweet experience of letting go and is very emotionally challenging for parents.

Parents usually feel sad and lonely and experience a degree of grief during this process.

Our webinar explains the signs and symptoms of Empty Nest Syndrome and some techniques in helping one deal with the situation.



Exam Stress Workshop

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Exam anxiety is real!

For many students, the experience of preparing for and taking high pressure exams, such as GCSEs, A-levels and degree's is fraught with anxiety.

This workshop will provide you with the skills to manage your exam anxiety and get the most from your revision.

We can help you understand how to manage stress, understand how exam related stress impacts wellbeing and learn how to manage your own wellbeing during the exam period.

Financial Worries

Earning and managing money might be difficult when one's mental health is poor. Worrying about money might also have a negative impact on your mental health. It can feel like a never-ending cycle.

When things are tough, it's natural to feel worried, apprehensive, or depressed. Job insecurity, redundancy, debt, and financial difficulties can all be stressful.

This workshop is designed and delivered by trained therapists who will teach participants tools and techniques to help them become more aware of their financial situation and how to deal with it.



Food For Thought Workshop



This workshop will look at the relationship between Food and Mood from a CBT perspective.

The participants will be invited to explore the role of emotional eating in trying to maintain a healthy weight. When struggling with strong emotions some people turn to food to help them deal with difficult or upsetting situations and some people use food as a way of providing comfort or support.

This workshop will look at ways to recognise emotional eating, being aware of our emotions and building healthier, better relationships with food.

Health Topics

We have various topics related to anxiety and worry around different health conditions.

We currently offer:

- Asthma & Your Emotional Health workshop
- Diabetes workshop
- Long Covid workshop
- Lung Condition (Living well with Chronic Lung Condition) workshop
- Living with a Long Term Health Condition Workshop

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Loneliness and Isolation Workshop



This workshop will explore what it means to feel lonely and isolated.

Desiring contact and feelings of closeness with others is a normal human desire; we are a social species and are programmed to be around others. Loneliness is the feeling we get when our need for rewarding social contact and relationships is not met.

Do you sometimes feel lonely and isolated?
Then join us for an interactive talk on ways to overcome feelings of loneliness and isolation.

Low Mood & Depression Workshop

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This workshop will explore low mood and depression with the aim of getting a better understanding of what triggers downward spirals in mood that can lead to depression.

There will also be a discussion on what maintains depression preventing a person from recovering and returning to healthy levels of functioning.

The workshop will also introduce tools and techniques that are used to tackle low mood and depression, including keeping a diary, learning how to challenge negative thinking, understanding how to find motivation, and activity scheduling to stimulate behavioural activation.



Understanding Menopause



When menopause starts, it can be an uncomfortable, anxious and stressful time for women, impacting all areas of life.

These workshops will provide an overview of what to expect from the menopause, including the reasons, symptoms, and effects, as well as some tips on how to better manage this transition in ones life and improve overall wellbeing.

This workshop is for everyone, men & women – Not just those experiencing it.

Navigating Relationship Breakdown

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This workshop helps us to acknowledge which situations cause relationships to breakdown, how we might be left feeling and how these emotions will impact our thought patterns and could change our behaviours.

We will explore how we can begin the healing process and take care of ourselves, using self-care strategies and the support of our network around us.

We will also consider how to build trust in future relationships so that we can hold some hope for the future.



Promoting Perinatal Wellbeing



Congratulations on taking the first step towards improving your wellbeing.

This course is for parents and caregivers during the perinatal period. The content and tools can be useful for new mums and dads, those adopting a child, and surrogates.

This session focusses on Wellbeing and making time for yourself.

Ramadan & Wellbeing Workshop



Ramadan is a special month in the Islamic calendar, practiced by Muslims around the world. It is a month of when Muslims fast during daylight hours.

It is a time for reflection, supporting each other, empathising with those less fortunate, performing additional prayers and resetting the mind and body.

This workshop will help with keeping a healthy lifestyle mentally and physically during this holy month.

Many people are exempt from fasting due to their health.



Road to Resilience



Resilience is the ability to cope mentally or emotionally with a difficulty or be able to return to a pre-difficult status quickly.

Resilience exists in individuals who develop behavioural capabilities that allows them to remain calm during a difficulty and are able to move on from the incidence without long-term negative consequences.

In this workshop you will learn what Resilience is all about, techniques to be able to recover quickly from difficulties and be able to use these techniques in everyday life and if a difficulty may arise be better equipped with the resilience to keep pushing forward.

Steps to Self Care

This workshop is a snapshot of how to look after your health by becoming aware and practicing BACE: - Body Care, Achieving, Connecting and Enjoying.

There's a strong link between our physical and emotional health. There are many benefits in taking extra time in looking after ourselves.

Practicing BACE will make us have a sense of accomplishment and achievement. Practicing these fundamental basics will release good chemicals in our brain helping us keep mentally and physically well.



Seasonal Affective Disorder



Does your mood tend to drop with the change in seasons?

This workshop is for anyone with a seasonal pattern to low mood or depression. The change in season, shorter days resulting in less light, can bring about a condition of depression and change in mood known as seasonal affective disorder (SAD).

SAD is a very common affliction that typically starts in autumn and lasts throughout the winter months. There are a lot of things you can do to help you manage and maintain a steady mood throughout the entire year. This workshop will highlight tips and techniques to help ease the effects of seasonal affective disorder.

Sleep Hygiene

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night's sleep.

This workshop will explore sleeping problems by looking at unhealthy and healthy sleeping patterns, with the aim of getting a better understanding of what constitutes poor sleep and how to improve your sleep.

This will include how to deal with a racing mind, monitoring your sleep and then looking at tips for good sleeping habits.



Stress Workshop



Stress affects us all, triggering a "stress response" that includes increased heart rate and muscle tension.

While we can't avoid all stressors, we can learn healthier coping strategies. This workshop will introduce Cognitive Behavioural Therapy (CBT) to help manage stress symptoms, teaching you to identify stress triggers and effective management techniques.

Stop Smoking

Stopping smoking increases your chances of living a longer and healthier life. You'll feel the benefits from the day you quit.

Not only will you start to save money but you'll experience a reduced risk of:

- Heart disease, stroke, vascular disease and respiratory disease
- A whole range of cancers

Quitting smoking can help you live your life to the fullest. You'll feel more fit and capable of engaging in physical activity. As a result, your mental health and well-being will benefit. This workshop shows the advantages of quitting smoking and how to support yourself during this difficult time.



Social Media Pressures Workshop

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The pressures from social media can make you feel isolated and like everyone else is having a fantastic time, even though this may not be the case.

People on social media platforms tend to show their best self and not the parts they are struggling with.

This webinar explains how social media can impact us psychologically, teaches how to challenge negative thoughts and how to manage these feelings.

Stop Vaping

Benefits to giving up vaping will help improve your health, you'll start to feel better physically, improve your mental health and you will be free from nicotine dependence.

It may also reduce your risk of smoking in the future. You'll save money and reduce damage to the environment from the plastic, electronic waste and toxic chemicals in e-cigarettes.

This workshop shows the advantages of quitting vaping and how to support yourself during this difficult time.



Winter Wellness Workshop

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Many of us struggle with our mental health, especially during the winter months. It's ok if you're finding the winter months, and the idea of Christmas and the holidays hard, especially with other difficulties you may have faced leading up to the winter months.

While we can't control many of the challenges around us, there are still things you can do to protect your mental health and wellbeing.

This workshop will explore different techniques and coping strategies we can take away to cope better with the winter months and make sure our wellbeing and mental health is being protected!

Women's Emotional Health Workshop

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Mental ill health among women is on the rise. One in five women experience a common mental health disorder.

When women find it hard to talk about difficult feelings, they tend to internalise them. This can lead to anxiety, depression, eating disorders and self-harm.

This workshop, we talk through some of the most common women's mental health issues, their symptoms and how to get the right treatment.



Work Life Balance Workshop

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This workshop is designed to explore what having a healthy work/life balance actually means.

Work is a fact of life for majority of individuals. Work takes up by far the largest part of the hours that you are awake; however, it is only one part of your life and is part of the bigger picture that makes up your personality and happiness. If you are unable to achieve a balance between work and other areas of your life – family, friends, travel and relaxation for example – it is likely to have an adverse effect on your health, wellbeing and mood.

This workshop will also look at the psychological and physical impact of a poor work/life balance and how to develop an action plan to optimise health and wellbeing at home and at work.



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