

Wellbeing Workshop

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Thinking about emotions



“Wellbeing”

The World Health Organisation states that wellbeing is:

“a state of complete physical, mental, and social wellbeing, and not merely the absence of disease or infirmity.”



Checking-in

Checking-in with ourselves and each other

How?

When?



Slowing down and Pausing

Slowing things down to think before we respond or make decisions

Pausing before we speak

Speaking slowly

Asserting our boundaries



Emotions & Feelings

- Difference between emotions and feelings
- Emotional vocabulary
 - ‘I’m ok’ ‘I’m fine’ ‘All good’ ‘Not bad’
- Our upbringing-me too
- No positives or negatives

EMOTIONS VERSUS FEELINGS

Emotions are physical states that arise as a response to external stimuli	Feelings are mental associations and reactions to emotions
Aroused before feelings	Caused by emotions
Physical states	Mental associations and reactions
Can be observed through the physical reaction	Can be hidden

Still Face Experiment

[Still Face Experiment Video - Bing video](#)



How does this translate...

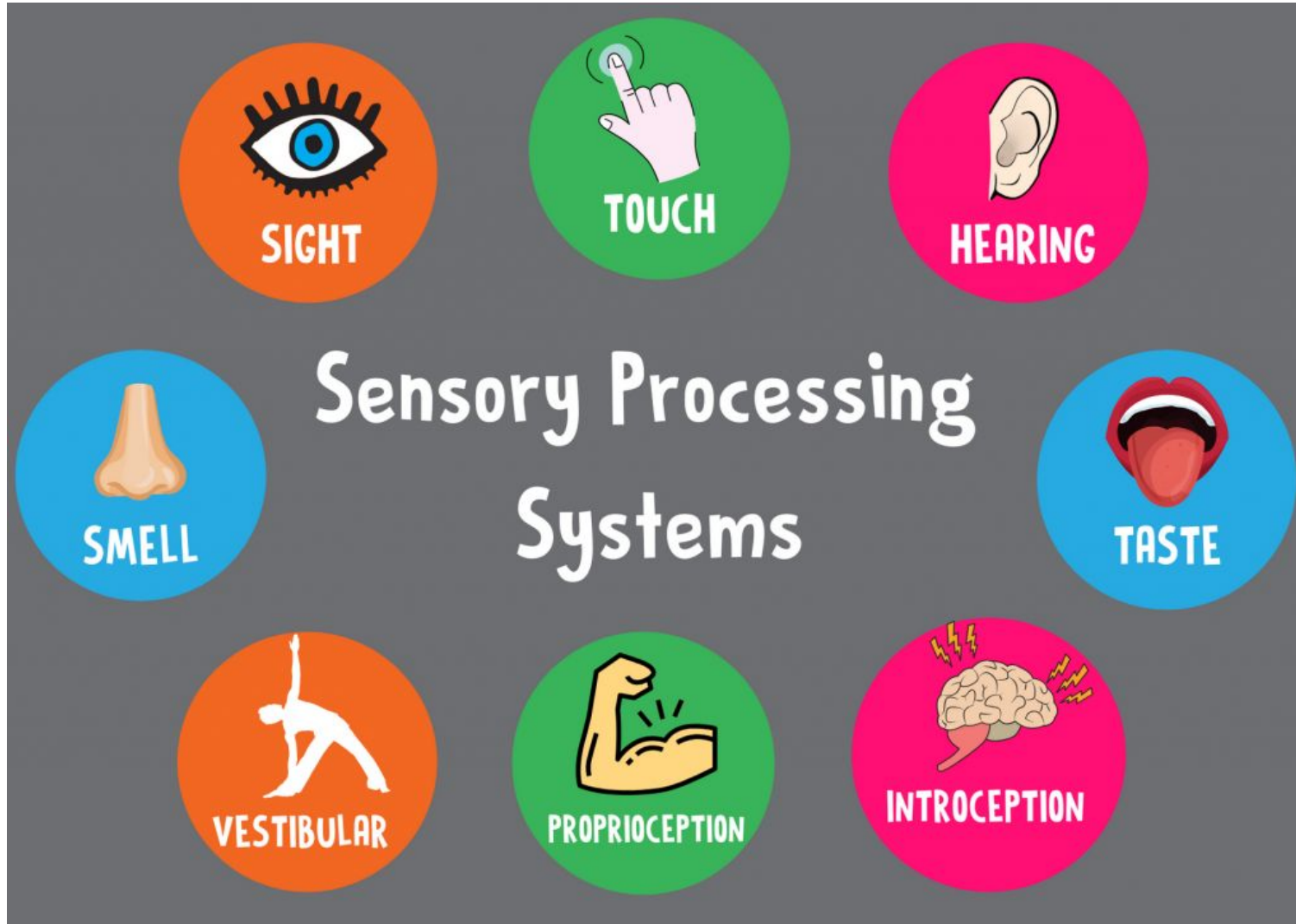
- Epistemic trust-

'an individuals willingness to consider new knowledge as trustworthy and relevant and therefore worth integrating into their lives. In contrast, epistemic mistrust is characterised by inflexible thinking patterns and a difficulty to learn from our social environment'
(Fonagy, 2016).

The ZONES of Regulation™

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Relaxed</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control</p>

Sensory needs

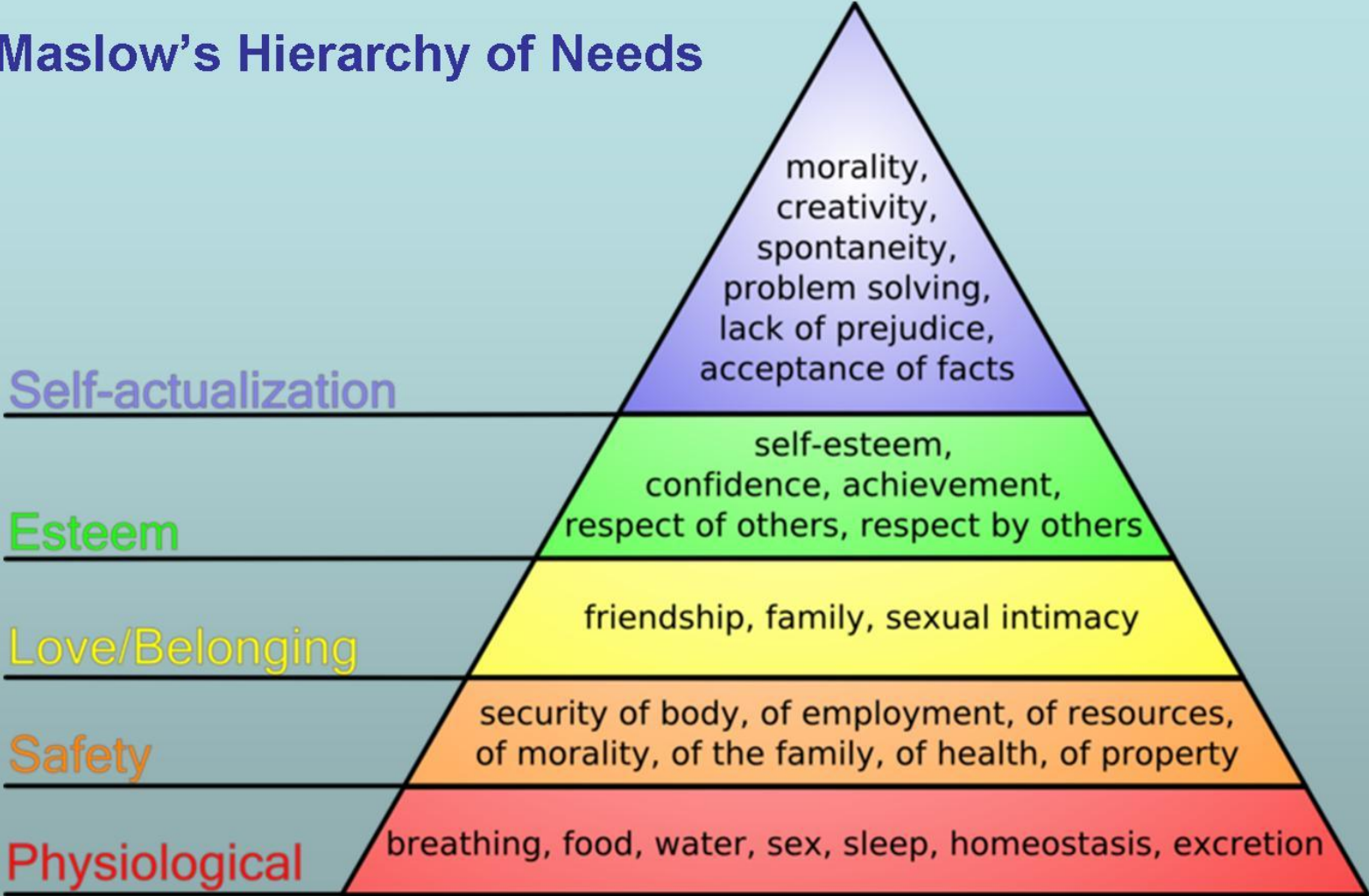


A note about self-care



Self care is not crisis management, we do not engage in 'self-care' after the point we have become distressed. That would be self-soothing. Self-care is a planned activity, scheduled into your day to day at a time when you don't necessarily 'need' it. It's purpose is part of boundary management and allowing yourself permission to take time and care, increasing our feeling of self-worth and esteem. We are worth taking a break for.

Maslow's Hierarchy of Needs



Final words and questions



Sign posting

- Anna Freud Centre- [Parents and Careers | Advice and Guidance | Anna Freud Centre](#)
 - Resources for coping with parenting
- Healthy Surrey.org lots of resources [Mental wellbeing - Healthy Surrey](#)
- [Self-refer for talking therapy: Talking Therapies - Healthy Surrey](#)
- Cruse Charity- bereavement charity [Home - Cruse Bereavement Support](#)
- Surrey Matters- [Health and wellbeing - Surrey County Council \(surreycc.gov.uk\)](#) council website
- Mind- [Home - Mind](#)
- GOV.uk [Cost of living support - GOV.UK \(www.gov.uk\)](#)
- ReThink.org [What to expect from your doctor \(rethink.org\)](#)
 - Advice on mental health as your GP would advise, info on other support groups and info for carers