



Support for life

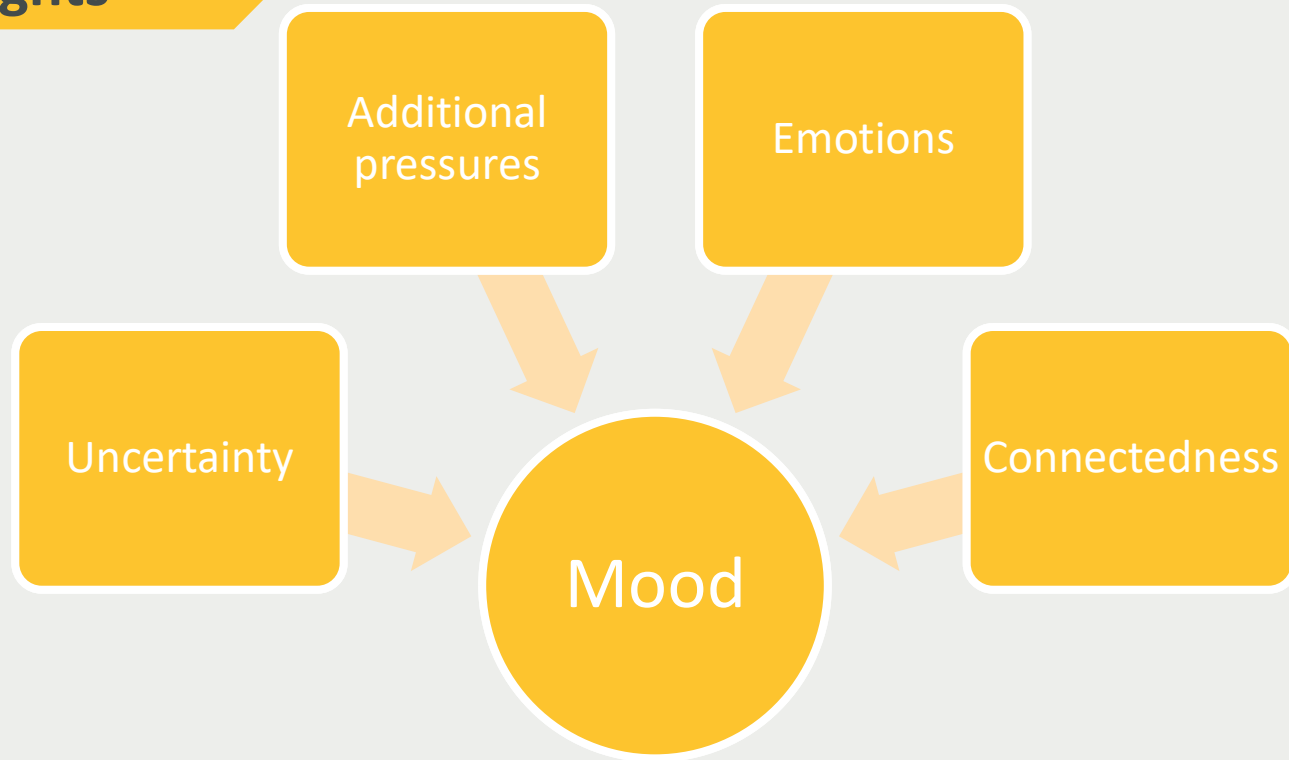
Managing your mood
VRA 'How to stay well in
a time of crisis' webinar

Rachel Clift – Health & Wellbeing Director

Today

- ✓ Insights
- ✓ Managing your mood
- ✓ Mental health and wellbeing support

Our insights



Managing your mood

What is mood?

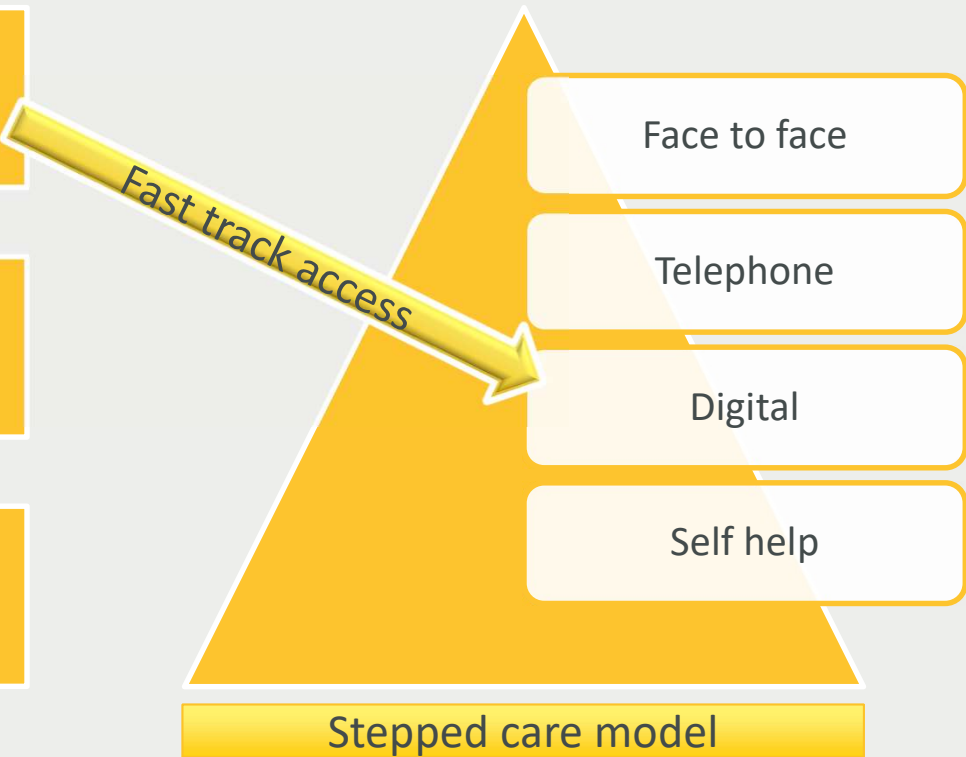
'A temporary state of mind or feeling'

Managing your mood is about developing awareness and coping strategies (skills) so you can better manage and control your moods more pro-actively.

Tips for managing your mood

1. *Get more active*
2. *Food and mood*
3. *Outlook*
4. *Good mood list*

Mental health pathway



Online & digital

Online Support Journeys

- Access via Ben's website and through email sign ups
- Journeys include:
 - *Coronavirus hub (health, work and wellbeing focused)*
 - *Stress*
 - *Depression*
 - *Anxiety*
 - *Money worries*
 - *Debt*
 - *Loneliness*
 - *Bereavement*
 - *Bullying*
 - *Self care*
 - *Sleep*
 - *Men's health*

<https://ben.org.uk/our-services/health-and-wellbeing/top-searches/>



SilverCloud

- Computerised CBT
- 12 weeks
- Supported or unsupported
- Via assessment or fast track
- Programmes available include:
 - *Wellbeing*
 - *Resilience*
 - *Money worries*
 - *Sleep*
 - *Mindfulness*
 - *Coping with challenging times*
 - *Stress*
 - *Depression*
 - *Anxiety*

Telephone & Face to Face

Therapies

- Counselling
- Other talking therapies i.e. CBT, ACT
- Specialist therapy i.e. trauma
- Relationships
- Family

Life Coaching Service

- Delivered in house
- Telephone based
- 6-8 week programme
- Weekly consultations + home tasks
- Focuses on positive life change



Support for life

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helping you live well and work well

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Support for life

BenTraining

tips, advice and tools for your workforce:

- *Managing your mood*
- *Coping with stress & anxiety*
- *Fuelling your wellbeing*
- *Driving resilience*
- *Sleep & money worries*

Thank you!

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