

Hertfordshire Wellbeing Service: adapting and responding



Trouble sleeping?

This year's World Sleep Day theme is 'Quality Sleep, Sound Mind, Happy World'. Sleep problems are common, we all have evenings when we find it hard to fall asleep or find ourselves waking up in the night. There's a close relationship between sleep and mental health. If you're having sleep problems, there are simple steps you can take to ease those restless nights. Our 'How to sleep better' webinar, which coincides with world sleep day on Friday 18th March looks 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. [Click here to register](#). Our short self-help video introduces the topic of sleep difficulties and how to manage them. [Click here to watch our self-help video](#). Please share these links with your clients who may be struggling to sleep.

Support for mothers and fathers

The perinatal period, which covers the duration of pregnancy and up to 2 years postnatally, can be a demanding and stressful time for parents. It is not surprising that some parents may experience emotions such as fear, anxiety, sadness, anger, guilt, and shame. These thoughts and feelings often pass with time. However, some parents notice that they continue, Cognitive Behavioural Therapy can help the way they feel. If your patient/client is experiencing low mood and worry during pregnancy or as a new parent, our webinar "Wellbeing in pregnancy and early parenthood" teaches tips and techniques to cope with these feelings. [Click here to register for our free NHS webinar](#). Our clinicians have also produced a short animation video that introduces the emotional challenges of pregnancy and early parenthood and the tools available to help. [Click here to watch our short animation video](#).



Long COVID patient feedback

Our service has been working closely with patients experiencing long COVID and we have received some fantastic feedback: "I would really encourage people with long COVID to get support for all of their symptoms, including mental health. I believe that the support I received from the psychological therapist team was a key part in aiding my recovery". The physical symptoms of long COVID and the impact they may have on a person's daily life may contribute to emotional distress. We have launched a NEW animation video which provides insight into one of our patients Long COVID journey with us, through which Lara encourages anyone with Long COVID to seek further support from us; [Lara's Long COVID journey with IAPT](#). We would ask that you share this video with your clients alongside our link to register for our Long COVID: Moving forwards webinar.



Spring season

Did you know that 'Seasonal Affective Disorder', or SAD, is sometimes known as "winter depression" and often linked to reduced exposure to sunlight during the shorter autumn and winter days? Even though the temperature may not be picking up much yet, spending more time outdoors in natural daylight can add a significant boost to your mood. Supercharge that benefit by being in green spaces, also known to provide direct benefits to your mental and physical wellbeing. If you can't easily do that, bring nature into your everyday life: growing food, flowers or being around animals are all great examples of how nature can have a positive effect on your emotional wellbeing. [Click here to watch our self-help video](#) which teaches how nature can help you to feel better. Try spending more time outside with nature this Spring!



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