

Hertfordshire Wellbeing Service: adapting and responding



Staying connected during winter

The winter period can be a happy one, but it can also bring difficult emotions, such as loneliness, when we feel disconnected from others. Over the past year, the Covid outbreak has likely increased our feelings of loneliness, even when restrictions have eased. When we feel lonely, we also often feel anxious around other people, experience low mood, or have feelings of helplessness. Our therapists have created a short animation video that provides wellbeing tips that can help with feelings of loneliness. [Click here to watch the animation video.](#) We invite you to share this information with all patients you support to provide them with access to this free NHS resource. This can also be shared on your website or social media channels, please tag us using the following handles: **Twitter:** [@HPFTIAPT](#) | **Facebook:** www.facebook.com/HPFTIAPT

Long Covid: Moving Forward

Long Covid can lead to a wide range of physical symptoms, which may last for a prolonged period. One of the main difficulties patients experience is fatigue, with fluctuating energy levels. Our new webinar introduces the benefits of using a CBT technique called activity scheduling alongside pacing to encourage patients to track their energy levels, find a balance in their day-to-day activities and improve their wellbeing. Our service has launched a *NEW* 'Long Covid: Moving forwards' webinar for people with Long Covid to help them to understand the changes in their energy levels, manage other's expectations of the recovery process and how to cope with setbacks. [Click here for more information and to register.](#)



Living well with a long-term physical health condition webinar

The webinar "Living well with a long-term physical health condition" introduces the relationship between our physical and mental health, the impact of stress on our long-term conditions, and stress management techniques to improve our emotional wellbeing. The Living well with a long-term physical health condition webinar is for anyone who has a long-term physical health condition, whether they have been recently diagnosed or have been living with an LTC for a long time – this webinar is for everyone regardless of what stage they are at or the difficulties that they are experiencing. [Click here for more information and to register.](#) A short animation video is also available which introduces the links between a physical health condition and emotional wellbeing, [please click here.](#)



Support for people living with a long-term physical health condition

Did you know that 30% of people living with a long-term condition in England also have a common mental health problem, such as depression or anxiety? People living with a long-term condition may face various challenges across many areas of their life. From being diagnosed to learning how to self-manage their condition, individual experiences can be very different. Our service offers evidence based psychological therapies, such as CBT, tailored to meet the patient's needs and requirements with the aim to help manage physical and/or psychological wellbeing more effectively to make positive change. We are also continuing to work with local physical healthcare providers to offer holistic approach to treatment and improved patient outcomes.

