

Wellbeing Webinars

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The importance of sleep

Webinar overview

- What sleep is
- Why we need it
- Common sleep disorders
How our sleep needs change at different life stages
- What happens when we don't get enough sleep - physical impact, cognitive impact, poor mental health
- Impact of poor sleep at work
- How to improve the quantity and quality of your sleep

Promotional content

1 in 4 people in the UK suffer with a sleeping disorder. It's an alarming statistic but the fact is that many of us suffer in silence, accepting poor quality sleep as a fact of life.

This webinar draws on the latest research in neuroscience to explain what sleep is and why getting the right quality and quantity of it, is so important.

It will look at different sleep disorders and how our sleep needs change at different stages of our lives. It will also offer a range of solutions for those who find it difficult to sleep well.

The needs of carers

Webinar overview

- The caring landscape. (There are 8m carers in UK, 12% of the population is looking after an elderly relative)
- The impact of caring responsibilities
- Caring and the workplace
- Caring - the positives
- Support for carers
- Case studies

Promotional content

There are around 8 million carers in the UK - that's 1 in 10 people. This figure is rising and three in five of us will be carers at some point in our lives.

Caring can be an immensely rewarding experience but it can also be challenging. This presentation looks at the landscape around caring in the UK and draws on real life stories that capture how caring can enrich your life.

It also considers the often considerable impact of caring on the carer and identifies the various sources of support that are available to them, including from Bank Workers Charity.

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Understanding teenage behaviours

Webinar overview

- Teenage years – the challenge for parents
- Understanding the neurological changes children go through during adolescence
- The teenage brain and its impact on behaviours
- Support available from BWC for teenagers and their parents
- Other sources of support and information

Promotional content

The teenage years can be a challenging time for youngsters who are adapting to unprecedented physical, hormonal and psychological changes. It is an equally difficult time for parents, who do their best to support their children but who can face a variety of challenging behaviours.

Over the last 10 years the teenage brain has been the subject of considerable research by neuroscientists and their findings are causing us to review some long held assumptions about teenagers and how and why they behave the way they do.

This session will explain these findings and show why we may need to rethink some ideas about teenagers that we've long taken for granted. The session will also consider the support available to parents through Bank Workers Charity as well as identifying other sources of information and assistance.

Digital wellbeing

Webinar overview

- The digital landscape and how it has transformed our lives at home and at work
- The benefits at home and at work
- What the research tells us about the impact of digital devices on wellbeing
- The need for boundaries - the potential for overload
- Getting the balance right - the importance of face to face /personal interactions
- Taking a break from devices

Promotional content

We live in a highly connected world and in our work and personal lives, we have seen huge benefits from the use of digital technology.

However, at times there can be a downside. Many psychologists are beginning to think our "always on culture" is having an adverse impact on our wellbeing and our performance at work.

This webinar explores these issues, recognising the benefits technology brings but identifying steps we can take to achieve a healthy balance in the use of our devices.

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Financial wellbeing

Webinar overview

- The state of people's finances in the UK
- The social/ economic factors causing financial difficulties for people
- Financial difficulties and mental health
- The impact on other aspects of our wellbeing
- The cost of poor employee financial wellbeing for businesses
- Sources of help and support

Promotional content

A startling finding from a 2016 YouGov survey was that 31% of middle class people couldn't find £500 if they were faced with an emergency expenditure.

It revealed that finances are precarious for far more people in the UK than had previously been thought. Slow wage growth since the financial crash has coincided with soaring food prices and an unprecedented rise in house prices and rents.

This has left many people struggling to balance the books. This webinar looks at the landscape around personal finances in the UK. It identifies the social and economic factors that are causing financial difficulties and it shows how money concerns can adversely affect our wellbeing.

Finally, it identifies sources of support available to people with money worries.

Mindfulness - an introduction

Webinar overview

- What is Mindfulness?
- Its growth in popularity
- The science behind it
- The arrival and growth of mindfulness in the workplace
- An 8 minute mindfulness practice led by experienced mindfulness practitioner

Promotional content

Over the last 5 years the meditation practice called mindfulness has surged in popularity with many people in the UK practising it on a daily basis.

This webinar explores the reasons for its success and looks at how it has come to be recommended as a treatment for a range of different health conditions.

The webinar includes an 8 minute mindful practice to allow participants to experience mindfulness at first hand.

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Building your resilience

Webinar overview

- What is resilience
- The building blocks of resilience
- How maintain our resilience can help us
- What is stress and is it harmful?
- Workplace triggers of stress
- How to build your resilience

Promotional content

The pace of modern living has increased in ways that no one could have foreseen 50 years ago. Most people are balancing busy jobs, in fast changing organisations with demanding personal lives. And many of us are sandwich generation carers with caring responsibilities at both ends of the age spectrum. To cope with the stresses that such busy lives produce, it's vital to have high levels of resilience.

This webinar looks at the different ways we can be affected by stress, particularly in the workplace, and explores how a better understanding of our resilience can help us withstand the pressures we face across the different areas of our lives.

The importance of taking a break

Webinar overview

- What the science tells about taking breaks
- Our natural body rhythms
- The benefits of taking breaks
- The consequences of working without breaks
- Getting the frequency right
- Putting it into practice

Promotional content

There is only so long that we can undertake demanding physical activity before our performance begins to falter. This is just as true of brain functioning but we sometimes act as if the opposite is true. A recent study of employees in the workplace found that a large proportion of employees take no breaks whatsoever during a working day, other than for lunch.

This webinar looks at how high quality work performance can't be sustained without periodic rests from task. It draws on the latest research from neuroscience to show that breaks are vital and it identifies the frequency of breaks that have been shown to enable strong performance. It also looks at the different kinds of breaks you can take and how they be scheduled in to the working day.

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Positive Mental Health at Work

Webinar overview

- What is good mental health?
- The facts about mental health at work and in society
- Mental health and stigma
- Overview of mental health conditions
- Special focus on stress, anxiety and depression
- Recognising the signs that someone may be struggling with a mental health problem
- Looking after your own mental health

Promotional content

Mental health problems cost UK businesses between £33 billion and £42 billion a year and the economy overall, a huge £100 billion. Over and above any financial costs there are millions of people whose mental health problems are having a huge negative impact on their wellbeing and quality of life.

A growing awareness of these personal and organisational costs has led many businesses to make tackling mental health at work a strategic priority. This webinar provides an overview of mental health problems and looks at how work can reduce or exacerbate their impact. It will also offer some ideas for managing your own mental health.

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