

Living Life to the Full – Proposal for NHS and Social care staff

Background.

Coronavirus (Covid-19) brings significant uncertainties to healthcare professionals as well as the wider community. Much is already known about it, but there are numerous uncertainties about its impact on individuals and wider society. These uncertainties have been worsened by a tendency of the Press/media to catastrophise and criticise decision makers and decisions. From a developmental/evolutionary perspective, we as human beings have well developed threat awareness, usually leading to adaptive strategies (avoidance, mitigation). However, some of these responses can backfire and cause unhelpful consequences for individuals, services and the wider community.

What is Living Life to the Full (LLTTF)?

Living Life to the Full is a free access website that has become the most recommended website for low mood and stress in NHS England (Bennion et al). It is widely used across the UK and offers numerous courses across the life span to help people self-manage their own low mood and stress.

LLTTF is written by Professor Chris Williams (FRCPsych, Fellow of BABCP- the lead body for CBT in the UK), an accredited CBT practitioner and emeritus professor of Psychosocial Psychiatry at the University of Glasgow. It offers content based on the tried and tested cognitive behavioural therapy (CBT) approach. Living life to the Full addresses low mood and stress and a range of related issues. The award-winning website receives over 10 million hits a year. It is accompanied by a printed book (Living life to the Full) which is one of the national Book Prescription scheme and is consequently available for free and easy access in the Healthy Reading areas of every library in England and Wales. The course can be delivered online where people work through the content themselves, with the option of weekly support emails.

The approach is widely used across the UK, and also within a national program in Canada.

Does it work? Five randomised controlled trials and numerous service evaluations support the use of the LLTTF approach. www.fiveareas.com/evidence/

What we propose.

There is a need for a new course LLTTF with Coronavirus with content aimed at two main groups:

- 1). The wider population
- 2). Emergency service staff, and wider NHS staff including A and E, Ambulance service/paramedics, and ITU/special care settings.

Suggested content: for the course content: Delivery 5-10 working days delivered in two parts

Themes will address:

Keeping mentally fit (CBT principles- modification of our current courses).

Low mood and anxiety

I feel so bad, and panic to the components of the 'corona

Washing and OCD

Get moving (activity/exercise in a Corona world)

10 things you can do to feel happier straight away.

Stop smoking module

Fix your drinking (moderate alcohol excess)

Eat well

Help someone out: Give – contribute to helping with shopping, looking out for vulnerable people locally etc.

Sleep

Anger/irritability

Get the rhythm

Tension control training.

Unhelpful behaviours/Excessive avoidance, or the opposite- ignoring public health advice to avoid pubs/social contact etc.

Mis-trust about advice given/internet rumour.

The consequences of working from home/self-isolation.

Things you can do: Keeping physically fit/diet/healthy living.

Supporting older relatives.

Things you can do with your children at home.

Healthcare professionals: managing our own anxiety.

Difficult decisions (ventilation/triage) and guilt/trauma.

Protective factors:

Fitness/activity: Diet., Alcohol, Smoking.

Planning your day at home.

Connect with others (phone, letter, skype).

Take notice – slow down and be (mindfulness).

If you develop symptoms (i.e. what to do).

Further information:

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