

# Leeds Mental Wellbeing Service

## Psychological Wellbeing: Living with a Cardiac or Respiratory Condition

Being human can feel really difficult at times; sometimes this might be occasional days or in specific situations, but sometimes we can struggle for prolonged periods of time, and it feels like it is never ending. Receiving a diagnosis of a cardiac or respiratory long term health condition can be an additional stressor that makes life even harder; and therefore, puts further strain on psychological wellbeing.

Everyone's experience of life is unique to them, in the same way that living with a cardiac or respiratory condition is a unique experience. However, we can say that the experience of being human and the emotions we feel are often similar; and we can use evidence-based information and techniques to start to manage the difficult emotions in an individualised way.



The course will be online on a Thursday morning. It will consist of six weekly sessions, each lasting 1 hour 30 minutes from 10–11am. Please see the link below for course dates.

We welcome you to book onto the course directly via the Leeds Mental Wellbeing Service website:

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>

Please do not hesitate to ask any healthcare professional to assist you with booking onto the course.

If you or your healthcare professional have any queries, please call **0113 843 4388** or email [leeds.mws@nhs.net](mailto:leeds.mws@nhs.net)

## A brief outline of course content:

### ■ Week one

Understanding the impact of living with a cardiac or respiratory long term health condition on psychological wellbeing

### ■ Week two

Physical symptoms and relaxation

### ■ Week three

Worry and rumination

### ■ Week four

Identifying and challenging thoughts

### ■ Week five

Behaviour and motivation

### ■ Week six

How to maintain change and manage setbacks



## Leeds Mental Wellbeing Service is a partnership between:

Leeds Community Healthcare NHS Trust, Leeds and York Partnership NHS Foundation Trust, Leeds GP Confederation, Northpoint Wellbeing, Community Links, Touchstone, Women's Counselling and Therapy Service, Homestart Leeds, Ieso Digital Health, SilverCloud Health, SignHealth