

## Our Mental Wellness Webinar Series: Trinity Term 2021



The Department of Experimental Psychology is running three mental health webinars in Trinity Term as part of the *Our Mental Wellness Series*.

### Our Mental Wellness: Coping with Trauma

Thursday 6 May, 10:00am – 10:45am (via Zoom)

**Speakers:** [Anke Ehlers](#) (main presentation), plus [Mina Fazel](#) and [Morten Kringelbach](#) on the panel (chaired by [Cathy Creswell](#)).

**Abstract:** Most of us will experience a traumatic event at some point in our lives. Following trauma, we may experience unwanted distressing memories and feel a wide range of negative emotions. Our sense of self and the world may also change. This talk will discuss research findings on helpful and unhelpful ways of coping with trauma.

**Find out more and register via OxTalks:** <https://bit.ly/2Qimu2W>

**Catch up** on previous talks in the series via YouTube: <https://bit.ly/2VTSDNT>

### Our Mental Wellness: Overcoming Mistrust and Paranoia

Thursday 20 May, 2:00pm – 2:45pm (via Zoom) **New DATE!**

**Speakers:** [Daniel Freeman](#) (main presentation), plus [Liz Tunbridge](#) and [Kam Bhui](#) on the Q&A panel (chaired by [Cathy Creswell](#)).

**Abstract:** The world can certainly feel a dangerous place and every day each of us must decide whether or not to trust other people. This talk will cover a number of key questions: What is paranoia? How common is it? What is the latest scientific understanding of the causes? And what can we do to tackle it.

**Find out more and register via OxTalks:** <https://bit.ly/36XeQ4d>

**Catch up** on previous talks in the series via YouTube: <https://bit.ly/2VTSDNT>

### Our Mental Wellness: Bullying and Anxiety

Thursday 3 June, 10:00am – 10:45am (via Zoom)

**Speakers:** [Eleanor Leigh](#) (main presentation), plus [Lucy Bowes](#) and [Hannah Murray](#) on the Q&A panel (chaired by [Cathy Creswell](#)).

**Abstract:** Positive social relationships are a key building block for our physical and mental well-being. Unfortunately, many of us will experience difficulties in our peer relationships, including peer victimisation. Peer victimisation makes us susceptible to anxiety and depression, and conversely anxiety and depression make us more vulnerable to being victimised. This talk will focus on understanding the thinking and behaviour traps that underlie this association and how to break it.

**Find out more and register via OxTalks:** <https://bit.ly/2QirJQt>

**Catch up** on previous talks in the series via YouTube: <https://bit.ly/2VTSDNT>

### About the series:

We have come to realise the importance of mental health issues and the impact they can have on individuals as well as on society at large. But, can you separate the facts from the myths? Do you know how to promote your own mental wellness and help those around you? At Oxford, we have some of the world's leading researchers helping us understand the causes of mental conditions and develop effective evidence-based treatments. We are bringing them together in a new series – Our Mental Wellness – to share their knowledge and answer your questions about how we can look after each other's mental wellness in our community.

### Other practical information:

All webinars in the series are free to attend, but registration is required. Please note that for security reasons, we can only accept registrations from staff and students who have an Oxford University email address that ends in @ox.ac.uk. **The general public can access the YouTube live stream for each talk at**

<https://www.youtube.com/channel/UCDjfS2TydCk3wzyGFqPz0kQ>.

The image at the top of this document can be used for your newsletters and other communications materials.

For more information, please contact Halley Cohen, PR Officer, Department of Experimental Psychology, at [halley.cohen@psy.ox.ac.uk](mailto:halley.cohen@psy.ox.ac.uk).