

# Annual Congress on Mental Health

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## Wellbeing at work using cognitive behavioural therapy (CBT)



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Workplace stress is one of the biggest causes of absenteeism in the workplace and not only affects the organization but the employee in varying degrees. It refers to the emotional, physical and behavioural reaction to the demands and pressures of work, causing a sense of feeling unable to cope. This type of stress not only has significant effects on our wellbeing but ultimately affects our ability to perform at work. CBT aims to understand how this stress response manifests in the body and the mind and understands principles such as the fight, flight or freeze response and the 5 areas model. It allows us to identify our triggers, negative automatic thoughts, physiological responses and any unhelpful behaviors those help maintain vicious cycles. By understanding these processes, we are more able to recognize and therefore change our reaction to situations, making the emotional impact less intrusive. Finding ways to gain immediate relief from stress at work is one way of reducing the impact but also looking at our core beliefs and unhelpful thought processes will aim to provide longer-term relief. CBT aims to develop our resilience and ability to manage the demands of our working environments as well as learning to react differently to stressful situations and find a healthy work-life balance.

### Biography

Nabila El-Zanaty works in the British Mental Health in both private and public sector industries. Upon completion of her Psychology degree at Brunel University, she completed her studies with 2 Post-graduate degrees at University College London and Royal Holloway University, respectively. She has specialized in cognitive behavioural therapy and currently works in an NHS setting as well as seeing clients privately. Her particular interest areas are working with clients from ethnic backgrounds and developing psychological approaches to meet their individual needs, helping to break down the stigma in accessing mental health services and developing more culturally sensitive ways of working.

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