



Online Webinar

The Importance of Health & Wellbeing Awareness

Date & Time

Wednesday 22 April 2020

17:30- 19:00

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Description

A new normal requires new habits and some creative thinking about your psychological and physical well-being. Now that many of us are forced to work remotely full-time, need to take care of young and old family members during working hours, are feeling stuck or isolated, are separated from loved ones, and have reduced options for regular physical exercise and social activities, we must think differently and creatively about ways to keep healthy in mind and body. As part of or UN75-57Kuwait initiatives, we are holding a UN-TALK on the importance of Mental Health and Well Being in coping with COVID-19 pandemic times.

Agenda

- 17:30 Opening Remarks by Dr. Tarek Elsheikh, UNSG Representative & Resident Coordinator to Kuwait
- 17:35 Remarks by Dr. Laila Baker, Regional Director for Arab States, DCO
- 17:40 introduction by Mr. Seung Jin Baek, Head of RCO, Economist
- 17:45 Guest Speaker Dr. Naif Al-Mutawa

With special attendance of:

- Dr. Abdullah Mansour, UN Stress Counselor, on UN overview and guidance
- Diplomatic Corps



Brief Introduction

Session Topics

- Wellbeing (Healthy Diet and Physical Activities)
- Life - Work balance (telecommuting)
- Managing stress and anxiety - Mental Health matters
- 4 tips for behavioral and adaptive change during COVID-19
- 5- reflections and tips on physical distancing and impact on social behaviors under the cognitive behavioral framework



www.al-mutawa.com/biography/



Dr Naif Al-Mutawa Bio

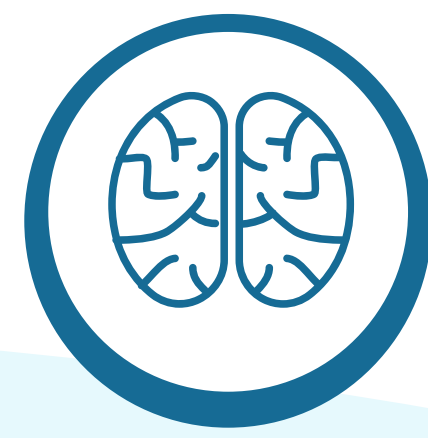
- Dr. Naif Al-Mutawa, is an award-winning serial entrepreneur, clinical psychologist and clinical hypnotherapist. Founder of The Soor Center for Professional Therapy and Assessment, Kuwait's leading professional source of a broad range of psychological services. A licensed psychologist in the State of New York, Dubai, Bahrain, Qatar, and Kuwait. He is a member of the American Psychological Association, and American Association of Sexuality Educators, Counselors and Therapists (AASECT). As a clinical hypnotherapist, he underwent training at the New York Milton H. Ericsson Society for Psychotherapy and Hypnosis (NYSEPH), and has been certified by and is a member of both the American Society of Clinical Hypnosis and the National Guild of Hypnotists. He is an approved Albert Ellis Institute Rational Emotive & Cognitive Behavioral Therapy Supervisor. He is a sex therapist certified by AASECT.
- Dr. Naif is a member of the academic staff at Kuwait University's Faculty of Medicine, where he has been teaching clinical psychology, communication skills creative writing, and cognitive behavioral therapy since 2005. He is also the Chief Psychotherapy Training Supervisor at the Kuwait Psychiatric Hospital.
- Dr. Naif has a PhD in Clinical Psychology from Long Island University where he also earned a Master's Degree in Clinical Psychology. He was awarded a second doctorate (an honorary one) by Long Island University in May 2019. He holds a Masters in Organizational Psychology from Teacher's College, Columbia University and an MBA, also from Columbia University. He holds a certification in conflict resolution from Columbia University. He earned his undergraduate degree from Tufts University, where he triple majored in clinical psychology, English literature and history.
- A serial entrepreneur, Dr. Naif Al-Mutawa is the creator of THE 99, the first group of comic superheroes born of an Islamic archetype. THE 99 has received positive attention from the world's media. Forbes named THE 99 as one of the Top 20 Trends Sweeping the Globe, and President Barack Obama praised Dr. Naif and THE 99 as perhaps the most innovative of the thousands of new entrepreneurs viewed by his Presidential Summit on Entrepreneurship.

Register here



<https://attendee.gotowebinar.com/register/8375355408515533580>

Session Summary



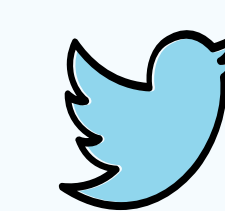
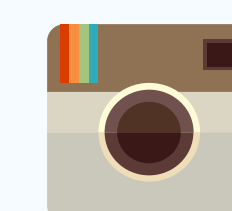
- RC welcomed all attendees and introducing the webinar to be part of the UNTalks75 -57 Kuwait series in Kuwait
- The webinar addresses an important aspect which is health and wellbeing.
- Ms. Laila Baker, Regional Director DCO gave a brief introduction about all the great work done by the UN to support the less fortunate in the world during these crisis and the UN in Kuwait efforts to support the Kuwaiti government in response their response plan/ measures, providing guidance and strategic interventions, as well as ensure UN staff wellbeing. Dr. Laila welcomed Dr. Naif and panelists to the webinar.
- The head of RC office in Kuwait gave a brief introduction and welcomed the attendees, extended appreciation to the CG,
- Dr. Naif AlMutawa lead the session
- UN Stress Counselor, Dr. Abdullah Mansour from the UN overview and guidance



Our main take from this pandemic, change in working-life style, particularly in these hard times and sudden changes we are all not prepared for. As the UN we have access to information and resources and should be able to lead by example. Giving less attention to the things that we can't control, while increasing focus on what we can control or where we can adjust, adapt and accept in order to make positive change at the personal or professional level, for better impact. Stay healthy, stay social, stay connected and stay informed.

Dr. Naif Al-Mutawa conducted the webinar focusing on the following areas:

- Establish framework (Cognitive Behavioral therapy Framework CBT)
- How to go from a negative emotion to a positive emotions (we either attack or retreat)
- This framework can be applied on everything in life.
- Helps with your prospective
- He gave examples from real life on how CBT works on daily bases which mean having a health negative emotions and opens up more options rather than boxing yourself in one option
- Examples of H1N1 and H3N7 comparison in isolation and in relation to PTSD and how support groups sharing the same effects will help
- The importance of sleep in stressful contexts (non REM sleep and REM sleep)
- Connecting sleep with food and food habits and life style to depression and depression symptoms
- Q&A
- How to manage between anger or ignoring Ask yourself (does thinking this way helps? Put your ego down? Change your thoughts) the idea is how to town down your emotions
- Is your advice apply on children ? Like us, they need structure, consistency, routine. So there is a CBT online for children.
- Final comment, control what you can control, not the future or the past, not what you can not control, be realistic.



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