

AS WE WAIT FOR EVERYONE TO
GATHER AND THE WORKSHOP
TO BEGIN ASK YOURSELF THIS....

WHAT AM I LOOKING FORWARD
TO ABOUT THE UPCOMING
FESTIVE PERIOD?

DR. NICOLA
The Nordic Therapist
MCCAFFREY

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Dr Victoria Ross

PSYCHOLOGICAL SERVICES

COVID-19 CHRISTMAS SURVIVAL GUIDE

Toolkit



DR NICOLA MCCAFFREY

Clinical Psychologist

MY STORY, BACKGROUND & INSPIRATIONS

People often ask me how I came to be a psychologist. The truth is, I am entirely unsure how this happened myself! I grew up in a small town in Scotland, spending some years living in the middle east with my family when I was younger. My inspiration to become a psychologist came to me late on in my high school years when I saw many of my friends and family struggling with their own challenges and issues. I too of course struggled! Seeing and experiencing the different ways in which people coped with life challenges was inspiring. I studied my first Psychology degree at The University of Edinburgh and afterwards I gained my Doctorate Degree from The University of Glasgow. My education was the platform from which my passion and drive to help others grew and continues to grow. Every day find myself genuinely fascinated by human beings and I am incredibly privileged to have met some of the most awe inspiring people in my clinic room.

BEING AN EX-PAT ISN'T JUST ABOUT WORK FOR ME

Working and living as an expat myself I am particularly interested in finding solutions for the many challenges that can be faced whilst living abroad. This experience, as well as giving me the ability to empathise with my clients, gives me a real life understanding of the unique situations expats face.



DR VICTORIA ROSS

Clinical Psychologist

MY STORY, BACKGROUND & INSPIRATIONS

For as long as I can remember I have been aware of an unrelenting curiosity about human behaviour and the human mind. As a young person growing up in the North of Scotland this involved observing the many different ways in which people coped with perpetual life challenges; some for better and worse. I have since learned that being human means that life is tough for us all and it's no surprise we can feel a bit stuck. Human's navigating a modern world with minds that have evolved for older less stimulating times can really make things tricky! As a psychologist I love the continued learning; whether it be from emerging research or directly from the stories of the people I meet and their sheer resilience. I am eternally grateful and privileged to have the opportunity to connect and support people to move towards a meaningful life.

In terms of education, I studied my first undergraduate Psychology degree at The University of Glasgow then I gained my MSc from The University of Dundee in Psychological Therapies and finally my Doctorate Degree from The University of Glasgow.

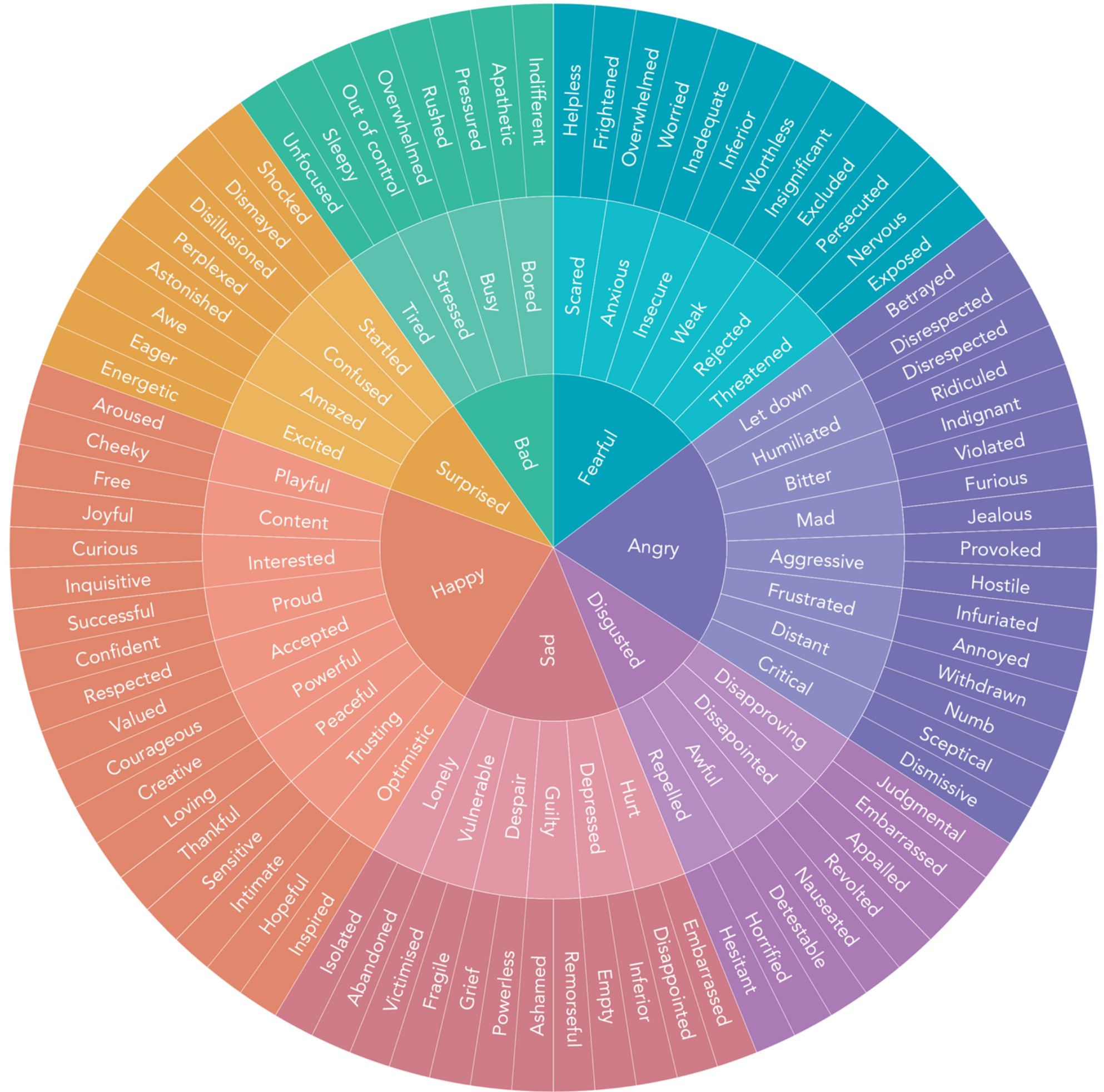
SPECIALISMS

Over the years I have worked with people with both longstanding and complex difficulties as well as those seeking a space to explore and develop themselves; I have a specialist interest in psychological trauma and perinatal health..

NOW ITS OUR TURN TO GET TO KNOW YOU...

- *What country do you consider home?*
- *How are you feeling about the upcoming festive period?*

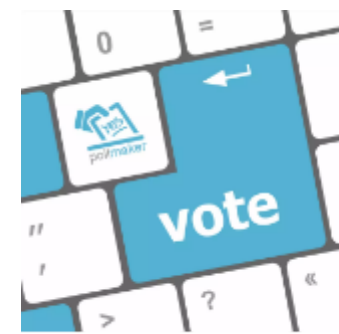
COVID, CHRISTMAS & BEING HUMAN



WAYS TO SUPPORT YOUR EMOTIONAL & PSYCHOLOGICAL WELLBEING

During a period of restricted freedom and travel

WHAT SPECIFIC WORRIES
DO YOU HAVE ABOUT THIS
FESTIVE PERIOD IN
PARTICULAR?



Have your say: What specific worries do you have about this festive period in particular

Voice your opinion on the poll: What specific worries do you have about this festive period in particular

 survey-maker.com

TOOLKIT

01
GET THE
BASICS RIGHT

02
CONTROL
WHAT YOU
CAN CONTROL

03
REFRAME IT

04
MANAGE
STRESS

05
CONNECT

VIDEO



GET THE BASICS RIGHT



Nutrition, sleep, & movement



DR NICOLA MCCAFFREY & DR VICTORIA ROSS



CONTROL
WHAT YOU
CAN CONTROL





REFRAME IT

03

Can we shift our perspective and see things differently?

WE ARE
PART OF
THIS
PLACE,
NOT JUST
VISITORS



MANAGE STRESS

04

Stress is a normal and natural
response to uncertainty and lack
of control



STAY CONNECTED



How can we stay connected even
whilst at a distance.





How are you going to apply
your toolkit this Christmas?

RESOURCES

CONTACT DETAILS

- Nicola: therapy@nicolamccaffrey.com
- Victoria: admin@drvictoriaross.co.uk

THINGS TO READ

- <https://www.nicolamccaffrey.com/blog/2020/1/13/why-we-sleep-and-how-to-get-better-at-it>
- <https://www.nicolamccaffrey.com/blog/2018/1/17/only-the-lonely>

THINGS TO WATCH

- <https://youtu.be/BmvNCdpHUYM>
- <https://www.headspace.com/meditation/breathing-exercises>
- <https://quietkit.com/box-breathing/>
- <https://www.youtube.com/watch?v=TPwHmaaaxLc>





THANKS FOR
LISTENING

