



Time for you Wellbeing Sessions

6x30 minute sessions

This last year has been an unprecedented rollercoaster for many of us. Pre Covid, there were already high numbers of colleagues feeling stressed, the added pressures of Covid have simply added to that. Our careers are often rewarding, but they can be demanding too and navigating the often high stress culture at work leaves many of us feeling overwhelmed and exhausted.

We know that NHS people are excellent at looking after patients, but not very good at looking after ourselves. It is easy for us not to notice extra-long days becoming the norm, and not questioning the loss of control over our work until we start to feel unwell.

We want to create a wellbeing culture that empowers colleagues to maintain and improve their health and wellbeing, to feel cared for, and to be empowered to pass that care on to patients.

Self-care is a vital skill, and we want to support you in practicing it. It is particularly important at this time for us all to take some time out and look after ourselves.

This course provides 6, half hour sessions, to concentrate on self-care, our own wellbeing and resilience. It provides a half hour out just for you, and gives you understanding and tools to support taking back control and thriving. Easy relaxation skills are built on week by week so that you become comfortable with the format.

Session 1

- You are not a super robot
- Introduction to the resources available. You are the front line
- Emergency 'Stop' technique
- Information on the challenge we have all faced and its effects
- 6 rules for coping with the COVID crisis – Rule 1: Look after your biggest asset
- Diaphragmatic breathing exercise

Session 2

- Energy and our oxygen masks
- Emergency STOP technique
- 6 rules for coping with the COVID crisis – Rule 2: Proactively manage your own anxiety and stress



- 8 things to remember when working on your wellbeing
- Experts' tips on coping with lockdown stress:
 - Be kind to yourself
 - Deploy known stress management techniques
 - Think about what you can do, rather than what you cannot
 - Use this time to explore your creativity and live in the moment
 - Support for parents
- Mindfulness exercise – colour breathing and other resources

Session 3

- Self-care – Skills and tips re moving and physical care, water, breaks, stand up, posture,
- 6 rules for coping with the COVID crisis – Rule 3: Isolate, don't be isolated
- Deskercise session
- Relaxation - breathing

Session 4

- Quick stretch recap
- 6 rules for coping with the COVID crisis – Rule 4 Keep calm but don't carry on
- Overthinking: are you thinking yourself sad? How to get ruminating thinking under control
- Permission to have a little downtime – the importance of breaks
- Progressive muscle relaxation

Session 5

- breathing gif
- 6 rules for coping with the COVID crisis – Rule 5: Be kind....to yourself and others
- Teams and leadership:
 - Having a good team is the MOST important thing psychologically
 - Resilience lies between people in teams, and is the key to surviving all this
 - The 5-minute check-in chat
 - A laser focussed approach to team wellbeing
- Relaxation session - visualisation

Session 6 Final session

- 6 rules for coping with the COVID crisis – Rule 6: Keep looking up
- Full guided relaxation – the beach
- Thank you for all you are doing. You are amazing YOU GOT THIS

Thanks to Dr Rachel Morris for her input on the content of the sessions.