

Looking out for Staff: A Wellbeing Toolkit.

CLARKSON, Melanie <<http://orcid.org/0000-0003-3052-5230>>

Available from Sheffield Hallam University Research Archive (SHURA) at:

<https://shura.shu.ac.uk/31407/>

This document is the Presentation

Citation:

CLARKSON, Melanie (2021). Looking out for Staff: A Wellbeing Toolkit. In: Radiate Virtual Conference, Online, 7 April 2021. The College of Radiographers. (Unpublished) [Conference or Workshop Item]

Copyright and re-use policy

See <http://shura.shu.ac.uk/information.html>

Looking out for staff: A wellbeing tool kit

The logo for Sheffield Hallam University, featuring the university's name in a red serif font on a white rectangular background, which is set against a larger light pink rectangular area.

**Sheffield
Hallam
University**

Melanie Clarkson

MSc Advanced Clinical Practice Radiotherapy and Oncology Course
Leader. Sheffield Hallam University

Disclaimer!

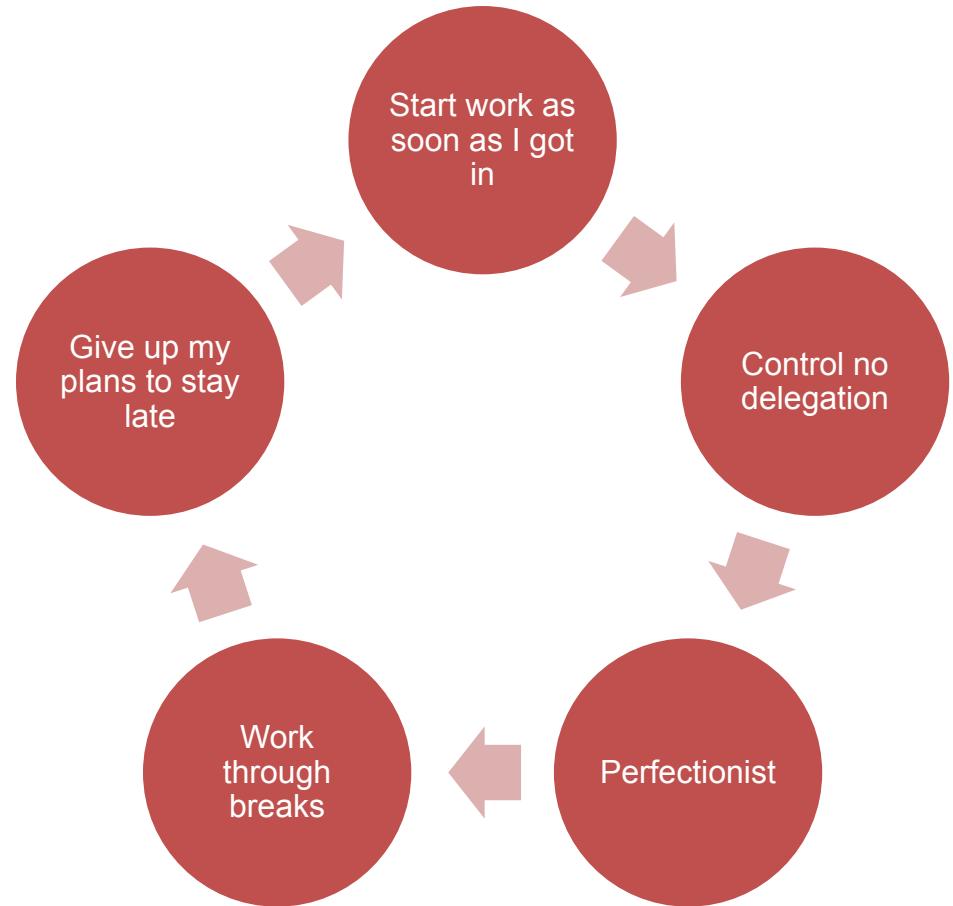
ANTI-STRESS KIT



DIRECTIONS

- 1) PLACE ON FIRM SURFACE.
- 2) FOLLOW DIRECTIONS IN CIRCLE.
- 3) REPEAT UNTIL STRESS IS GONE, OR YOU ARE UNCONSCIOUS.
- 4) REPEAT AS NECESSARY, NOT EXCEEDING FOUR TIMES DAILY.
- 5) IF CIRCLE TURNS RED CONSULT PHYSICIAN.

Honesty





How do we describe caring for ourselves?





What is wellness?

- Wellness is a conscious, self-directed and evolving process of achieving full potential
- Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment
- Wellness is positive and affirming

Self-awareness



This Photo by Unknown author is licensed under [CC BY-NC-ND](#).

How to become more self-aware?



- Look at yourself honestly and objectively
- Reflect on situations and how you reacted
- Journal to identify patterns
- Online psychometric tests
- Ask those around you

Are you self-aware?



- Take a few moments to think about this..
 - Are you aware of how you react in stressful situations?
 - Are you aware of how you come across in your role?
 - Are you aware of your values and goals?

Examples of stress

Physical

- Heart rate increases
- Blood flow and pressure increase
- Excessive sweating
- Breathing speeds up
- Muscle tensing, ready for action

Additional symptoms

- easily angered
- lack of sleep
- lack of concentration
- panic attacks
- pains in the stomach
- feeling sick
- tension in the neck and shoulders
- loss of sex drive
- migraine
- tearfulness
- apathy
- bingeing on food or drink
- loss of appetite
- not wanting to go to work

How do you know you are stressed?

- Take a few moments now to think about how you know you are stressed?
- What do you notice in yourself and those around you?
- At the moment how do you deal with this? Is it effective?

Coping mechanisms

- Positive **coping skills** help you feel better and provide an opportunity for reflection, acceptance, and kindness towards yourself.
- Negative **coping skills** help you feel better temporarily, and ultimately are a distraction and a form of avoiding your problems.

The logo for Sheffield Hallam University is located on the right side of the slide. It consists of the university's name in a red, serif font, stacked in three lines: "Sheffield", "Hallam", and "University". The text is centered within a white circle that has a thin red border. The background of the slide is white on the left and a solid maroon color on the right, with the logo positioned on the white section.

Sheffield
Hallam
University



Are your coping strategies positive or negative?





A toolkit of ideas

Resilience based clinical supervision

- A model devised by the University of Nottingham
- Three emotional systems;
 - Threat
 - Drive
 - Affiliative
- <https://m.youtube.com/watch?v=YQsAS3co51U>
- https://www.researchgate.net/profile/Snigdha-Dutta-2/publication/321081337_A_case_study_exploring_the_experience_of_resilience-based_clinical_supervision_and_its_influence_on_care_towards_self_and_others_among_student_nurses/links/5a0c4ad64585153829b13b3c/A-case-study-exploring-the-experience-of-resilience-based-clinical-supervision-and-its-influence-on-care-towards-self-and-others-among-student-nurses.pdf

Resilience based clinical supervision

- **Threat-** To protect ourselves from threats and find a place of safety
- **Drive-** Aiming for a for a purpose
- **Affiliative-** Content emotional system



Resilience based clinical supervision



Department wellbeing ambassador

- Someone
 - to listen
 - signpost
 - promote wellbeing
 - another person

The logo for Sheffield Hallam University is located within a white circle on a dark red background. The text "Sheffield Hallam University" is written in a dark red, serif font, with "Sheffield" on the top line, "Hallam" in the middle, and "University" on the bottom line.

Sheffield
Hallam
University

Get involved

- Lunchtime walking group
- Craft groups
- Reading groups
- #AHP active
- Social group
- Share ideas

The logo for Sheffield Hallam University is located within a white circle on the right side of the slide. The text "Sheffield Hallam University" is written in a dark red, serif font, with "Sheffield" on the top line, "Hallam" in the middle, and "University" at the bottom.

**Sheffield
Hallam
University**

Mindfulness and breath work

- Breathing space
- Body scan
- Sitting meditation
- Walking meditation

<https://www.garyheads.co.uk/page/meditations/>

- Qigong (movement)
- Yoga
- Pilates
- Breathpod- <https://www.bbc.co.uk/sounds/brand/p09652dl>
<https://www.breathpod.me/>

The logo for Sheffield Hallam University is located inside a white circle on a dark red background. The text "Sheffield Hallam University" is written in a red, serif font, with "Sheffield" on the top line, "Hallam" in the middle, and "University" at the bottom.

**Sheffield
Hallam
University**

Happy Media



<https://www.instagram.com/thehappynewspaper/>

<https://www.officialfearnecotton.com/news/2018/2/26/happy-place-podcast>



**Sheffield
Hallam
University**

Your access to social media

- Apps such as; <https://www.headspace.com/>
- Set an alarm on your phone or use an app to remind you to breathe <https://apps.apple.com/gb/app/ibreathe-relax-and-breathe/id1296605806>
- Podcasts <https://t.co/WRktXvbxAf?amp=1>
- Declutter your phone <https://www.instagram.com/thisgirlcanorganise/?hl=en>
- Use different social media platforms for different things
- Turn off alerts

The logo for Sheffield Hallam University is located on the right side of the slide. It consists of the university's name in a bold, sans-serif font, with 'Sheffield' and 'Hallam' stacked above 'University'. The text is dark red. The logo is enclosed within a white circle that has a thin red border. The background of the slide is white, with a large red vertical bar on the right side.

**Sheffield
Hallam
University**

Friends and Family

- Mindfulness with children
 - Teddy bear game
 - colouring
- Humming
- Blowing bubbles
- Stretches
- Listening in

The logo for Sheffield Hallam University is located within a white circle on the right side of the slide. The text "Sheffield Hallam University" is written in a dark red, serif font, with "Sheffield" on the top line, "Hallam" in the middle, and "University" at the bottom.

**Sheffield
Hallam
University**

Additional pressures

- Peri and post-menopausal concerns
 - @drmenopausecare
 - https://www.instagram.com/menopause_doctor/?hl=en
 - <https://www.nhsemployers.org/retention-and-staff-experience/health-and-wellbeing/taking-a-targeted-approach/taking-a-targeted-approach/menopause-in-the-workplace>
- Additional health concerns
- Pandemic
 - Boundaries
 - Health anxiety
 - Sensory overload
 - Social anxiety
 - Financial concerns



What's new for me?

- Gratitude and manifesting <https://www.instagram.com/iamemmamumford/?hl=en>
- Senses <https://www.youtube.com/watch?v=UfcAVejslrU>
- The moon https://www.instagram.com/kirsty_gallagher_/?hl=en

"What is the bravest thing
you've ever said?" asked
the boy.



Cherrie Macneary.

"Help," said the horse.



Make a pledge

Thank you
and take
care

Melanie Clarkson
m.clarkson@shu.ac.uk

