

## **Looking out for Staff: A Wellbeing Toolkit.**

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# 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 itself centered within a larger light pink square.

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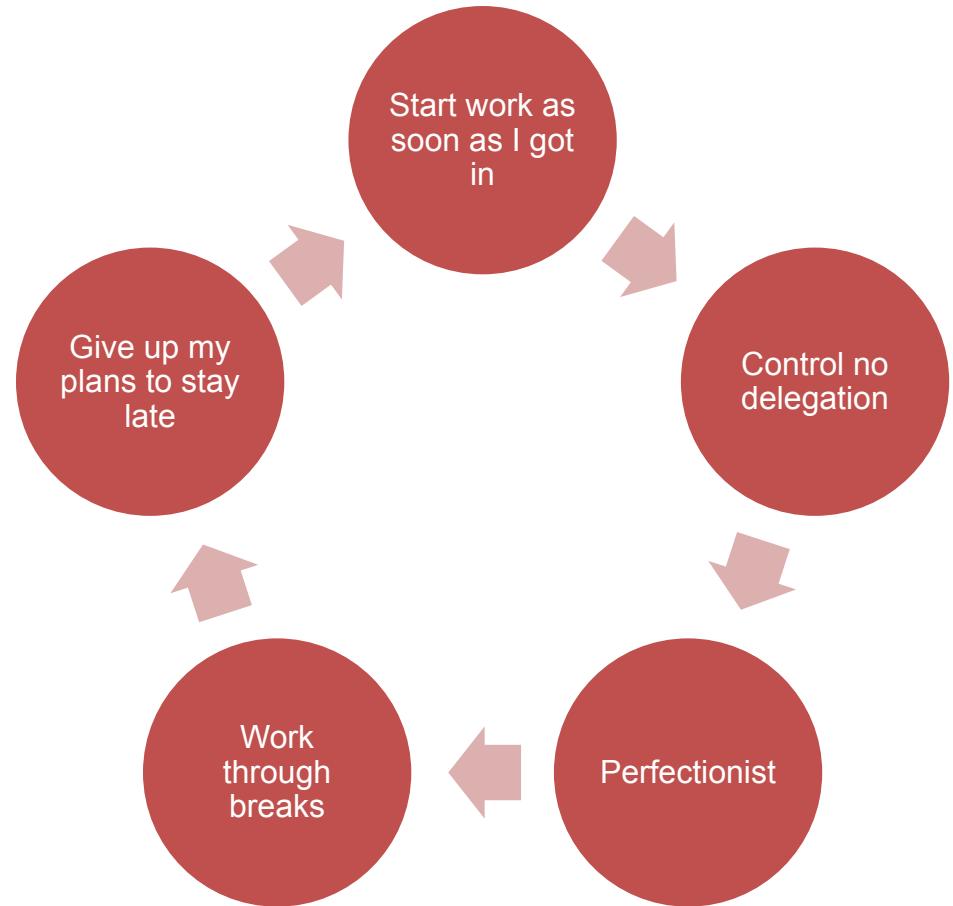
## ANTI-STRESS KIT



### 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



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# 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.

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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](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

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# Get involved

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

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# 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/>

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# Happy Media



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

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



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# 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

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# Friends and Family

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

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# Additional pressures

- Peri and post-menopausal concerns
  - @drmenopausecare
  - [https://www.instagram.com/menopause\\_doctor/?hl=en](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](https://www.instagram.com/kirsty_gallagher_/?hl=en)

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



Cherhi Macnasy.

"Help," said the horse.



**Make a pledge**



Thank you  
and take  
care

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