

Looking out for Staff: A Wellbeing Toolkit.

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Looking out for staff: A wellbeing tool kit

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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.

What is wellbeing?



TYPES OF SELF-CARE



PHYSICAL
Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL
Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL
Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL
Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space



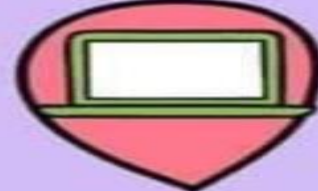
PERSONAL
Hobbies
Knowing yourself
Personal identity
Honoring your true self



SPACE
Safety
Healthy living environment
Security and stability
Organized space

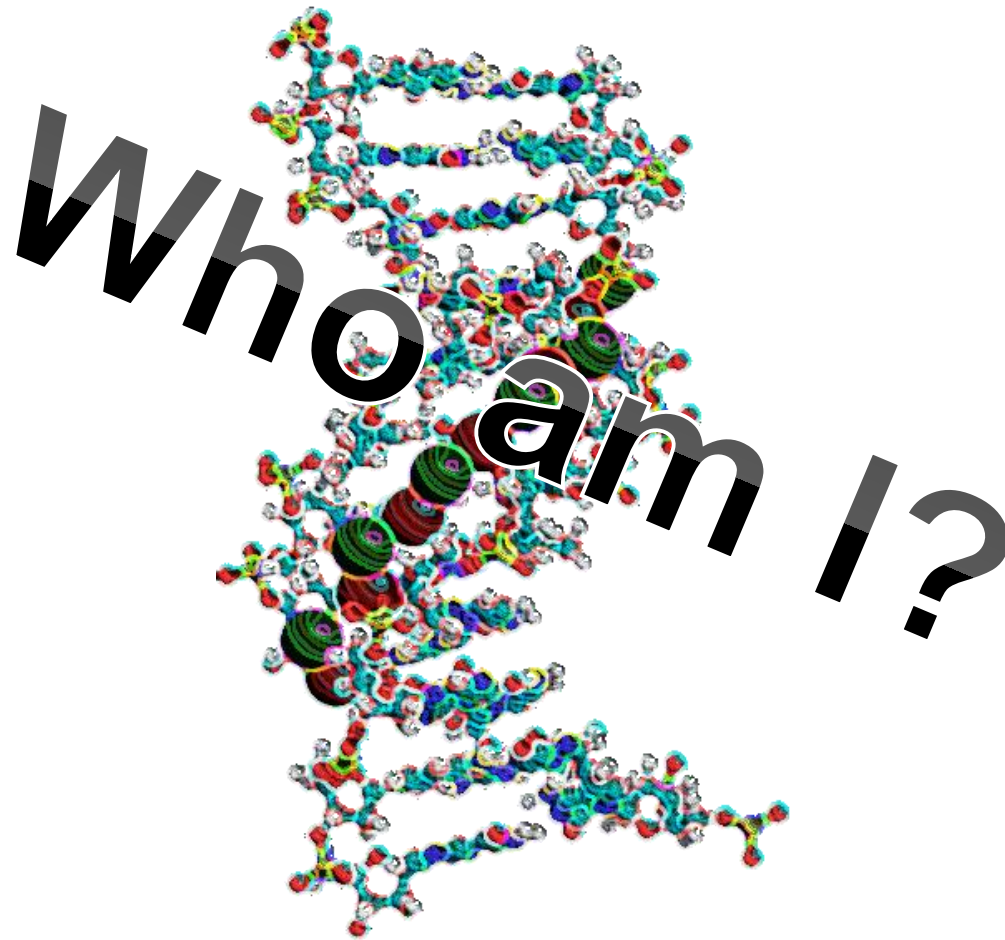


FINANCIAL
Saving
Budgeting
Money management
Splurging
Paying bills



WORK
Time management
Work boundaries
Positive workplace
More learning
Break time

Self awareness



Examples of stress

Physical

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

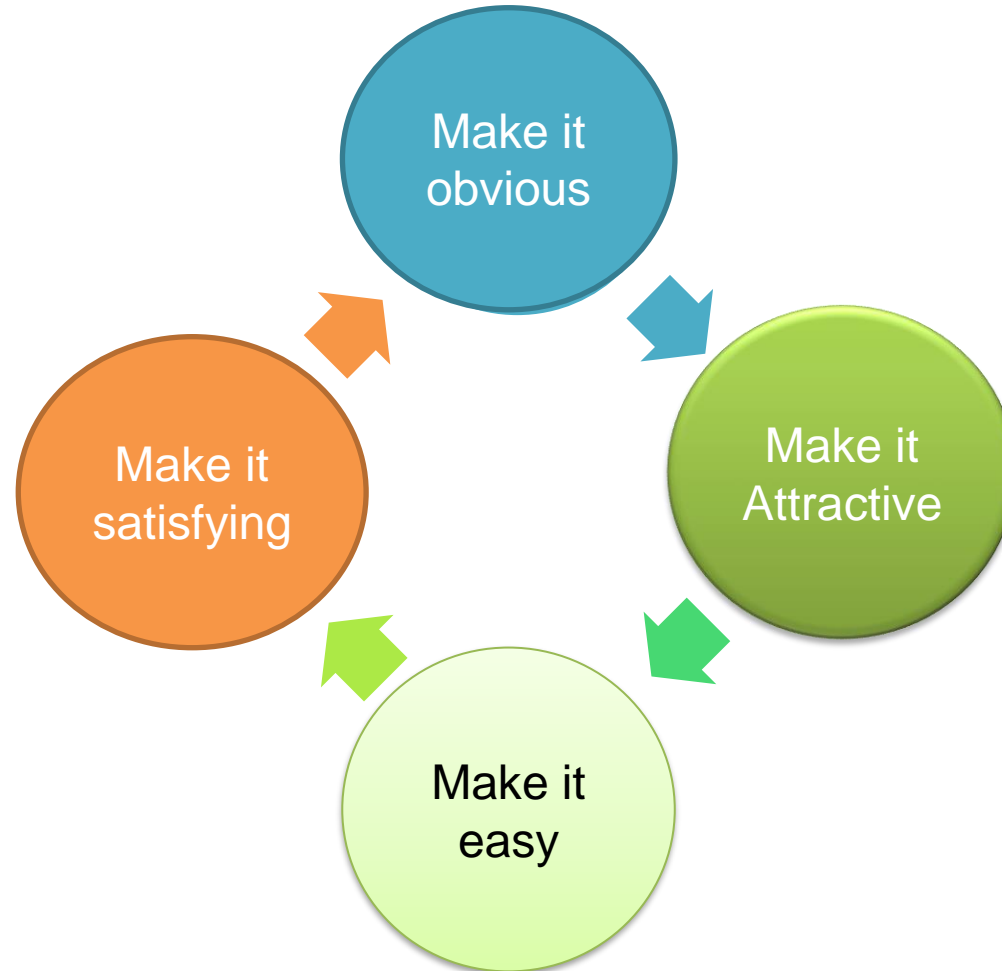
Additional symptoms

- 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

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

Habit forming



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>

Resilience based clinical supervision



Mindfulness

- Breathing space
- Body scan
- Sitting meditation
- Walking meditation
 - <https://www.garyheads.co.uk/page/meditations/>
- Qigong (movement)
- Yoga
- Pilates

Wellbeing ambassador

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

Get involved

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

Social Media

- <https://www.instagram.com/thehappynewspaper/>
- <https://www.officialfearnecotton.com/news/2018/2/26/happy-place-podcast>
- 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>
- Declutter your phone
<https://www.instagram.com/thisgirlcanorganise/?hl=en>
- Turn off alerts

Task/ Homework

<https://www.youtube.com/watch?v=UfcAVejslrU>

- Make yourself a promise



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



Charlie Mackesy.

"Help," said the horse.

Contact

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Thank you!

The image features the words "Thank you!" in a vibrant, hand-drawn style. Each letter is filled with a different color and decorated with intricate patterns. The 'T' is yellow with red stitching-like lines. The 'h' is orange with red wavy lines. The 'a' is green with a black dotted border. The 'n' is purple with vertical red lines. The 'k' is orange with red wavy lines. The 'y' is green with a black dotted border. The 'o' is pink with a black dotted border. The 'u' is blue with purple and green wavy lines. The exclamation point is blue with a green vertical line. Several stylized flowers are scattered around the text: a blue flower with a purple center is above the 'k'; a blue flower with a purple center is to the right of the 'k'; a large pink flower with a yellow center and white stitching is in front of the 'y'; a blue flower with a purple center is to the left of the 'y'; and a small blue flower with a green center is below the 'u'.