

## **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



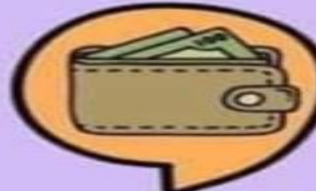
**SPIRITUAL**  
Time alone  
Meditation  
Yoga  
Connection  
Nature  
Journaling  
Sacred space



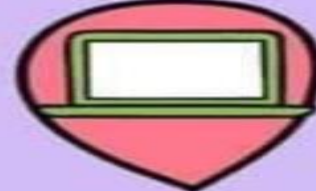
**PERSONAL**  
Hobbies  
Knowing yourself  
Personal identity  
Honoring your true self



**SPACE**  
Safety  
Healthy living environment  
Security and stability  
Organized space



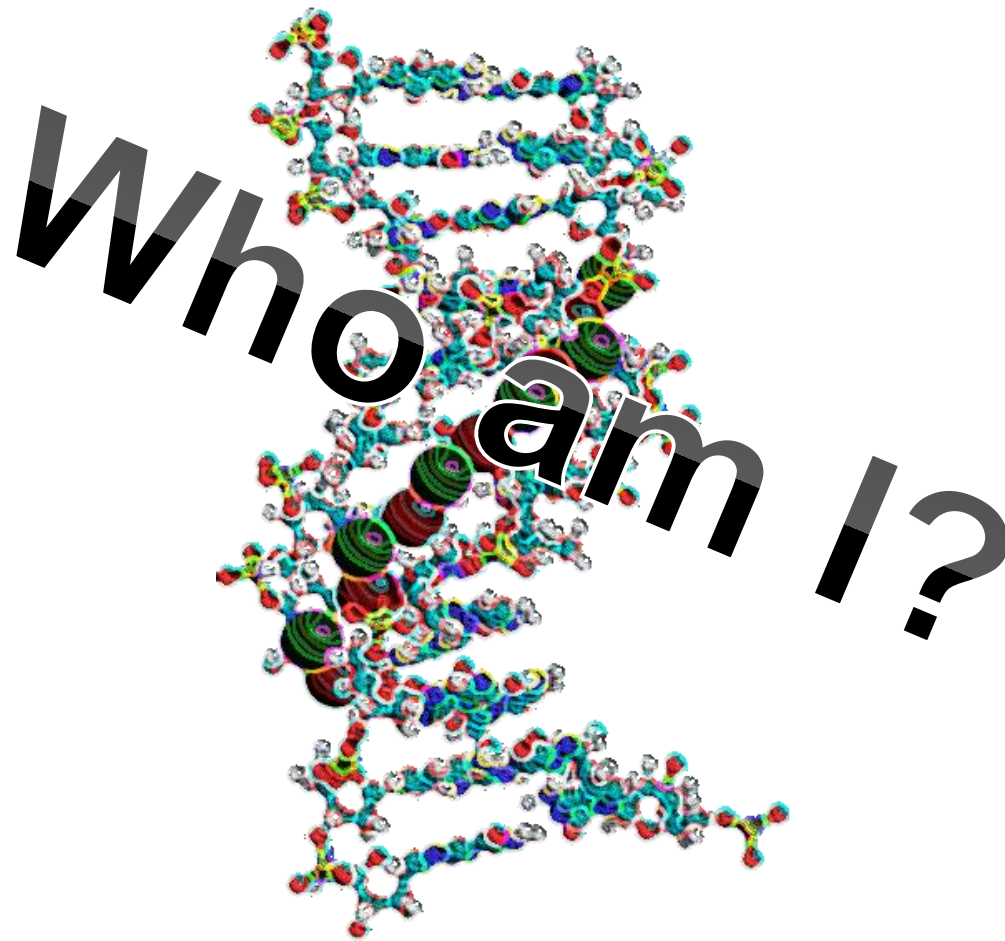
**FINANCIAL**  
Saving  
Budgeting  
Money management  
Splurging  
Paying bills



**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

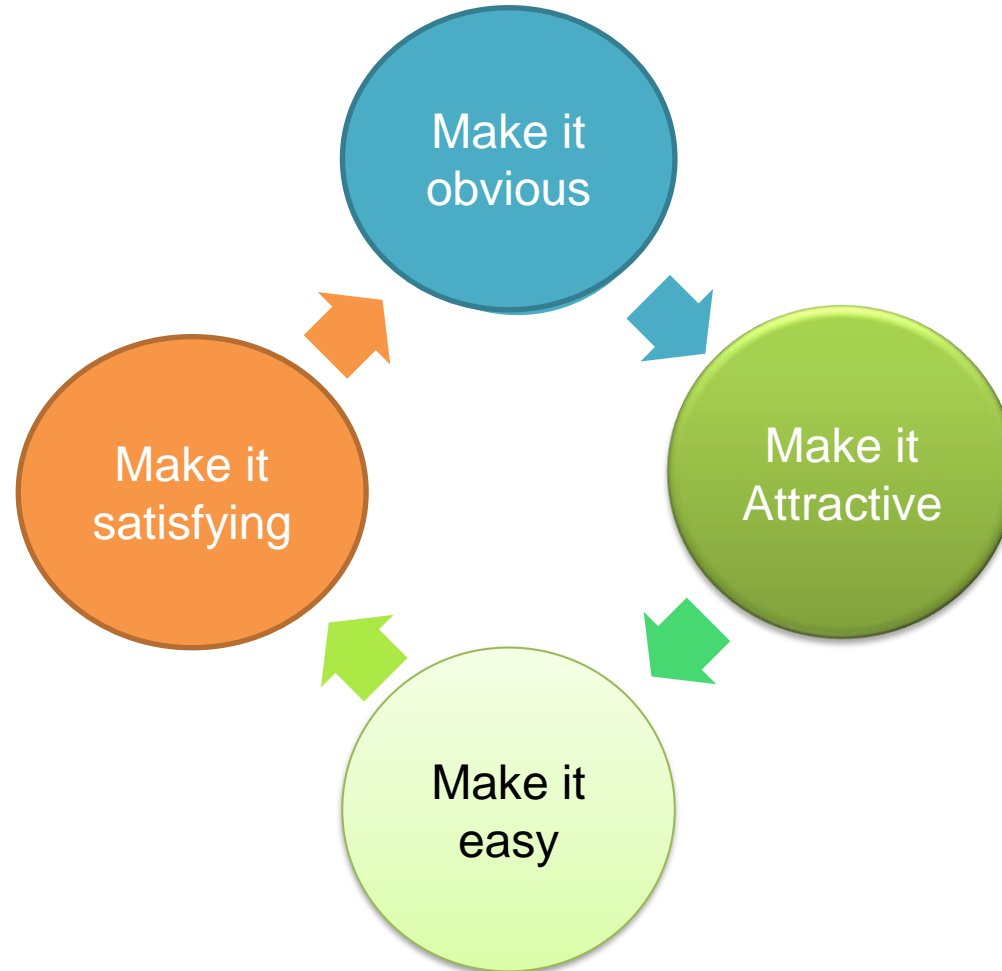
- easily angered
- lack of sleep
- lack of concentration
- panic attacks
- pains in the stomach
- feeling sick
- tension in the neck and shoulders
- loss of sex drive
- migraine
- tearfulness
- apathy
- bingeing on food or drink
- loss of appetite
- not wanting to go to work

# 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. The letters are thick and filled with various colors: 'T' is yellow, 'h' is orange, 'a' is green, 'n' is purple, 'k' is orange, 'y' is green, 'o' is pink, and 'u' is blue. Each letter is decorated with intricate patterns, including zig-zags, dashed lines, and solid colors. 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 dashed lines is in the foreground, overlapping the 'y' and 'o'; a blue flower with a purple center is to the left of the 'y'; and a blue teardrop-shaped flower with a green center is to the right of the 'u'. A small blue flower with a green center is at the bottom right. The entire graphic is set against a plain white background.