

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?

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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

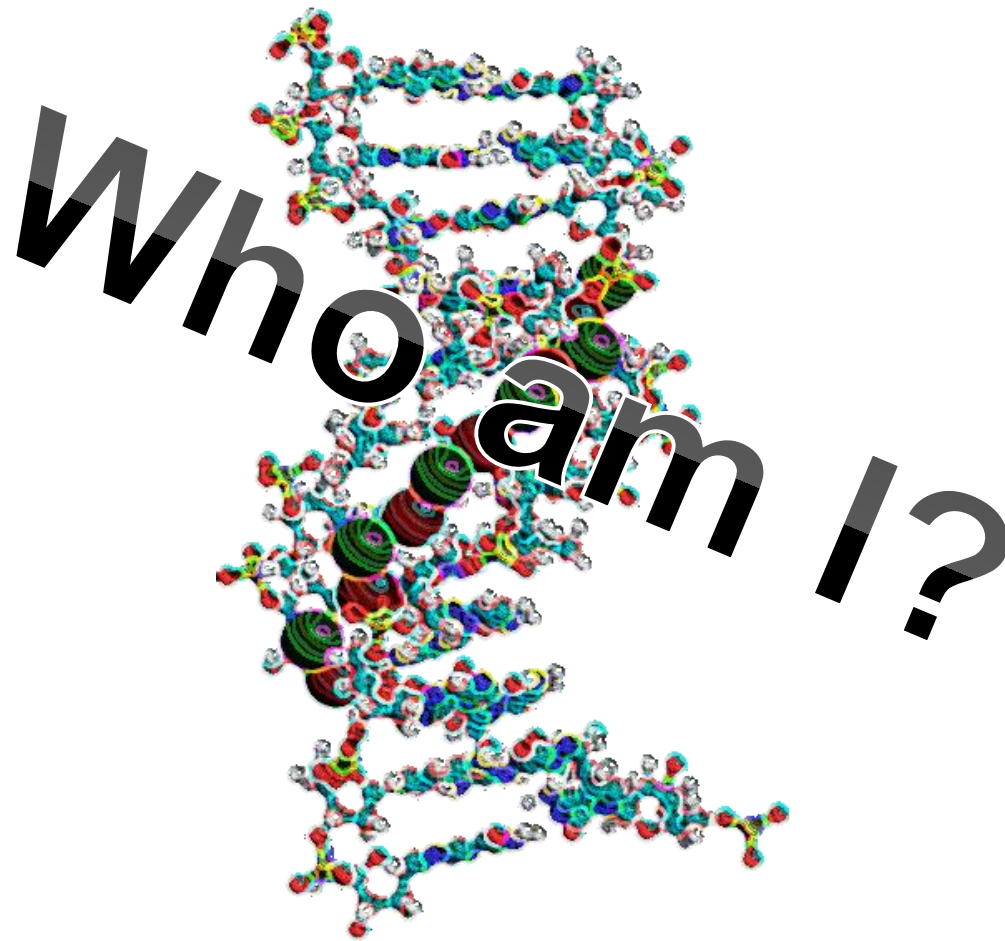


WORK

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time

Self awareness

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Examples of stress

Physical

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

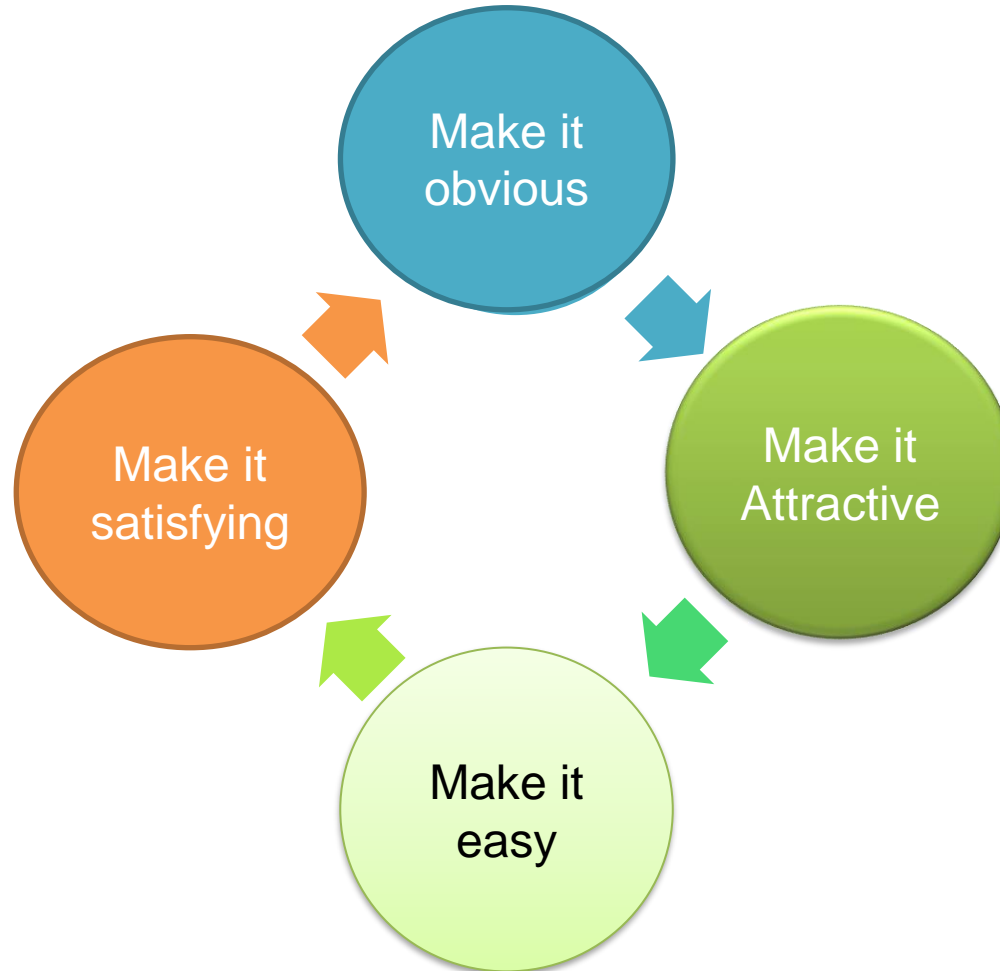
Additional symptoms

- 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 highly decorative, hand-drawn style. The letters are thick and outlined in black. The word "Thank" is positioned above "you!". Each letter is filled with a different color and contains internal patterns like wavy lines, zig-zags, or dots. The 'T' is orange with red wavy lines. The 'h' is orange with red wavy lines. The 'a' is green with yellow dots. The 'n' is purple with vertical lines. The 'k' is orange with red wavy lines. The 'y' is green with yellow dots. The 'o' is pink with red dots. The 'u' is blue with purple dots. The exclamation mark is blue with green dots. There are several flowers: a large pink one with a yellow center and white dots on its petals, and several smaller blue ones with purple centers and white dots on their petals. The background is plain white.