



Dear Colleague

Welcome to your weekly edition of the LLR System Health and Wellbeing communication to make you aware of the latest support and resources available in supporting your health and wellbeing.

We understand staff aren't always able to access emails, and ask you to please support your colleagues by printing the information as you receive it, to either read out during team huddles or to include on team notice boards.

## LLR System Health and Well-being support available

### Look After Yourself

Looking after our own mental and physical wellbeing must continue to be a priority. Taking time out for 'you' isn't selfish, it's necessary. Between work and family life you may not get a lot of spare 'you time', but it is important to try to carve out some time to establish a healthy work / life balance.

As well as all of the important things we have included in previous editions of the newsletter, such as, eating a balanced diet, drinking plenty of water, sleeping well and keeping active, there are other things which you can do to help support yourself - below we have included some ideas and top tips:

- **Set yourself goals** – this could be a simple lifestyle change or an exercise challenge you'd like to implement into your daily routine perhaps.
- **Be realistic** – about your time and commitment, don't add further pressure by setting the goal too high and make it enjoyable!
- **Include others** – include family members or friends as an incentive and for encouragement
- **Focus on your strengths** – having positive thoughts can be very powerful, the way in which we talk to ourselves can change your overall mood and outlook.
- **Be outdoors** – Get out in the fresh air, soak up the sun and feel the earth beneath your feet!
- **Listen to music** – upbeat music is known to help improve your mood. Research suggests that when you listen to music your brain releases dopamine, a neurotransmitter in the brain linked to reward and motivation – get playing that music!

The 'Think Mental Health' website includes some great advice and top tips, from nutrition to mindfulness, to COVID-19 specific advice, which you can access at <https://www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/coronavirus-covid-19-looking-after-your-mental-and-physical-health/>



## REACT Mental Health Conversation Training

There are a number of virtual live training sessions on offer to help empower you to support the mental health and wellbeing of our NHS people. The training is underpinned by psychologically sound principles and the REACT<sub>MH</sub> technique comprising of:

Recognise

Engage

Actively listen

Check risk

Talk about specific actions

**What you will learn:** This remote live training will enable you to identify people in your team or community who may be struggling with their mental health, initiate a supportive wellbeing conversation, confidently hold the conversation using active listening skills, and signpost them to appropriate support. You will gain new knowledge and have a chance to put this into practice during the session.

**Who is it for:** All managers, supervisors and those with caring responsibilities for NHS people, in clinical and non-clinical NHS services, across all our NHS, health and care organisations – in particular those working in areas exposed to high risk of stress, burnout and disadvantaged groups during COVID-19.

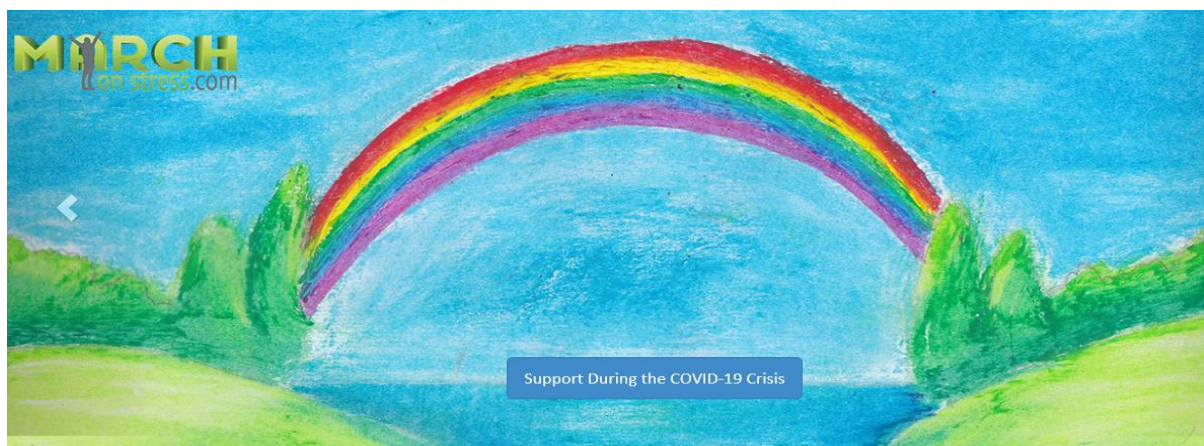
**Delivered virtually:** Sessions last up to 1 hour 15 minutes and are run remotely using the Zoom platform technology.

**Who delivers it:** NHS England and NHS Improvement are working in partnership with [March on Stress](#) who are experts in managing stress and wellbeing during crisis situations to deliver this training.

**How do I book:** There are a number of dates available for this training, once you click on your preferred (and available date) you will be guided on how to book onto your chosen date and time.

**Please note!** This training is in high demand and the only date currently left available is Monday 10<sup>th</sup> August, sessions running all day from 9am – 6pm.

To access further information and to register for a space please click here <https://people.nhs.uk/events/category/react-mh-training/page/4/>



## Local Government Association (LGA) – Health and Wellbeing Resources

A number of **NEW!** Health and Wellbeing guides have been published on the Local Government Association website to help employers think about and manage the wellbeing of their staff and fulfil their duty of care:

- **Managing the wellbeing for furloughed staff during COVID-19** – LGA advice to supporting the engagement and wellbeing of furloughed staff during COVID-19
- **Managing the wellbeing of frontline staff during COVID-19** – LGA advice for supporting the mental health of frontline staff and key workers during COVID-19
- **Managing the wellbeing of social care staff during COVID-19** - LGA guide and resources
- **Managing the wellbeing of remote working during COVID-19** – LGA advice and resource
- **Supporting emotional resilience and wellbeing** – an audio podcast highlighting some of the different models and ways of working in the future and what this will mean for leaders, managers and employees.

You can access further information at <https://www.local.gov.uk/our-support/workforce-and-hr-support/wellbeing>



### Wellbeing

Supporting health, resilience and wellness at work.



### One You

There is a wealth of mind and body resources included on the 'One You' website. Included below are the topics included to help your body and physical wellbeing:

- [Ways to quit smoking](#) – get your personalised 'quit plan'
- [Easy ways to drink less alcohol](#) – top tips to help you drink less
- [Eating better](#) – find nutritional information via apps and easy to follow meal plans
- [Move more](#) – at home work out videos and fitness apps
- [Ways to lose weight](#) – FREE NHS weight loss plan and BMI tracking

Plus much more! All easily accessible at <https://www.nhs.uk/oneyou/for-your-body/>

# ONE YOU

## Not forgetting....

The guides and information included on the 'Our NHS People' website to help support you to look after yourselves, including:

- A guide to good sleep
- 10 min pause space
- ABC guide to personal resilience
- Looking after yourself
- Looking after your teams
- Managing stress

Plus much more....all easily accessible at <https://people.nhs.uk/all-guides/>

Here you can access a FREE walking tracker App called Active 10 which is available to download at <https://www.nhs.uk/oneyou/for-your-body/move-more/active-10>

If you're new to running, or out of practice, the couch to 5K App is a great way to get started: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Bupa have included some great top tips on their website to help aid good sleep, which can be accessed at <https://www.bupa.co.uk/newsroom/ourviews/sleep-difficulties-lockdown>



**A quote from Spiritual Thinking** “You can't live a positive life with a negative mind”

## How have you looked after yourself during the COVID-19 Pandemic?

Will you continue with these changes? We'd love to hear from you, and how the information included in the weekly newsletters may have helped support you. If you have a health and wellbeing story to share, please email the [LLRAcademy@uhl-tr.nhs.uk](mailto:LLRAcademy@uhl-tr.nhs.uk)

Please get in touch with any other comments or feedback via email to the LLR System Health and Wellbeing Team at: [LLRAcademy@uhl-tr.nhs.uk](mailto:LLRAcademy@uhl-tr.nhs.uk)

**Thank you**