



Dear Colleague

Welcome to your weekly edition of the LLR Health and Wellbeing communication, designed to promote the offers and resources available to help support your health and wellbeing.

This week when reading the information, we ask you to **STOP, BREATHE, and BE MINDFUL.**

## LLR System Health and Wellbeing support available

### NEW! Mental Health and Wellbeing Hub

With the unprecedented challenge of COVID-19, the mental health and wellbeing of all our staff working across health and social care is of paramount importance. Partners across Leicester, Leicestershire and Rutland (LLR) have come together as a system to ensure that everyone in our valued workforce has the support they need, when they need it, through an enhanced staff support offer.

The LLR Staff Mental Health and Wellbeing Hub has been set up to support the entire Health and Social Care workforce of LLR. The Hub is run by experienced clinicians, offering anonymous and confidential psychological support, counselling and emotional advice, to staff that assess themselves to be, in any way (personally or professionally) affected by Covid-19.

Accessing the hub is by self-referral. It is free, confidential and anonymous. Your self-assessment asks you how you are feeling, and then gives you an opportunity for a confidential follow up assessment with a clinician, and priority access to mental health treatment as required.

If you feel you need help, please call **0116 2544388** to self-refer into our clinical team now. Our website will be ready and available for self-referrals very soon, please watch this space!

If you have any questions in the meantime, please contact The Hub team direct via [mhwb.hub@nhs.net](mailto:mhwb.hub@nhs.net)

This local offer is in addition to the National health and wellbeing offers available.



## NEW! Keeping positive through sleep and rest

Let's focus on sleep and rest, how important they both are, and how we can all be more mindful! Have you ever tried to fix an ongoing lack of energy by getting more sleep, only to do so and **still** feel exhausted? 'Sleep' and 'rest' are not the same thing, there are seven types of rest that are worth getting balanced throughout your day and week to help aid better sleep:

**Physical rest** includes sleeping and napping. Active rest such as gentle stretching, yoga or massage can also help improve how your body is feeling.

**Mental rest** if you are feeling irritable or struggling to focus, take small short breaks throughout the day and remind yourself to slow down. A chance to write down the thoughts that are keeping you awake may also help quiet the mind before bed time.

**Sensory rest** may be required when you're overwhelmed by multi-tasking, bright lights, screens and noise. Try to limit over stimulation during the day by taking regular breaks, closing your eyes and focus on your breathing mindfully for a few minutes.

**Creative rest** can support you during times of feeling overwhelmed and unable to think straight. Go for a walk, take notice of the beauty around you, nature, a painting or anything you find calming could help your creative rest.

**Emotional rest** is probably required if you are the kind of person who is always saying yes to helping others. Remember, it's okay to not be everything to everyone, and it's important to step away and find some personal time to self-restore.

**Social rest** can be linked to emotional rest needs. Are we able to identify the relationships that revive us versus those that deplete our energy? Reaching out to those who provide you with positive energy may help.

**Spiritual rest** is the connection beyond the physical to a deeper sense of belonging and purpose. It may help to engage in a community of faith if you are lacking satisfaction, motivation or hope. Or daily guided meditation practice.

Click on the link below to listen to a 10 minute talk about how many of us incorrectly confuse sleep and rest. <https://people.nhs.uk/theme-health-and-wellbeing/keeping-myself-and-teams-positive/>



Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



Liberate Meditation is a meditation app that offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community. The app aims to help reduce anxiety, alleviate stress and promote rest.

## **NEW! All it takes is 10 mindful minutes**

Andy Puddicombe is a British author, public speaker and a teacher of meditation and mindfulness. He is the co-founder of headspace, and you can regularly hear his voice on the app.

Click on the link below to listen to his 9-minute Ted Talk where he challenges us to do nothing – really do nothing. He explains why it is important and what it may help to unlock within ourselves.

<https://people.nhs.uk/theme-health-and-wellbeing/all-it-takes-is-10-mindful-minutes/>



Remember, you have access to free [mindfulness apps](#) that can be used and shared with your colleagues and team members.

## **CARE Health and wellbeing support for the adult social care workforce**

Although many of the National and local health and wellbeing offers are available to all staff working across the LLR health and social care system, there is also now a dedicated space for adult social care on the Our NHS People website, which you can access here: <https://people.nhs.uk/help/care-health-and-wellbeing-support/>

## **COVID-19 Winter support Grant**

The COVID-19 winter support grant aims to support households struggling to make ends meet over the winter during the pandemic. Click on the link to find out more.

<https://www.leicestershire.gov.uk/adult-social-care-and-health/information-for-health-and-social-care-professionals/covid-winter-support-grant>

**Please get in touch with 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**