



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 think about **Your Capacity Cup and Self-care!**

LLR System Health and Wellbeing support available

The Capacity Cup

Doctor Emma Hepburn, Clinical Psychologist, author and mum, has created some fantastic mental health and wellbeing illustrations which we'll be sharing over the coming weeks, starting with 'the capacity cup'.

There are lots of stressors using up our capacity right now. The capacity cup illustration encourages you to take notice of how full your own cup may be, allowing you to proactively notice and look after your capacity, by taking the required self-care steps to protect it. This is especially important if it's near to being full and at risk of spilling over! Preventative measures are key here!



Doctor Emma Hepburn has a wealth of information and therapeutic artwork on Instagram via the handle @thepsychologymum, and has written a book called 'A toolkit for modern life: 53 ways to look after your mind'.

She has also kindly provided a link to her **FREE** eBook called '**How to Stay Calm in a Global Pandemic**', which includes some fabulous information for adults and children alike [How to Stay Calm in a Global Pandemic Free ebook 002_1_\(1\).pdf](#)

You can download a winter lockdown poster which Emma has created via the link below, which provides practical tips and advice to help you navigate lockdown during the winter months. This is a great resource to print and place on walls in staff areas.

<https://www.hachette.co.uk/wp-content/uploads/2020/11/WInter-lockdown.pdf>

We hope that you, your colleagues and your families find Doctor Emma Hepburn's colourful therapeutic resources really useful! We think they're fantastic!

Practical self-care tips - Aches and Pains

As some of you continue to work from home you may feel aches and pains during the day. The important thing here is to set up your working area so that you are in a comfortable position, get up every 20-30 minutes or so to stretch and give your eyes a rest from your screen, and remember to breathe mindfully to help relieve any tension – we have a tendency to shallow breathe when we're concentrating and busy.

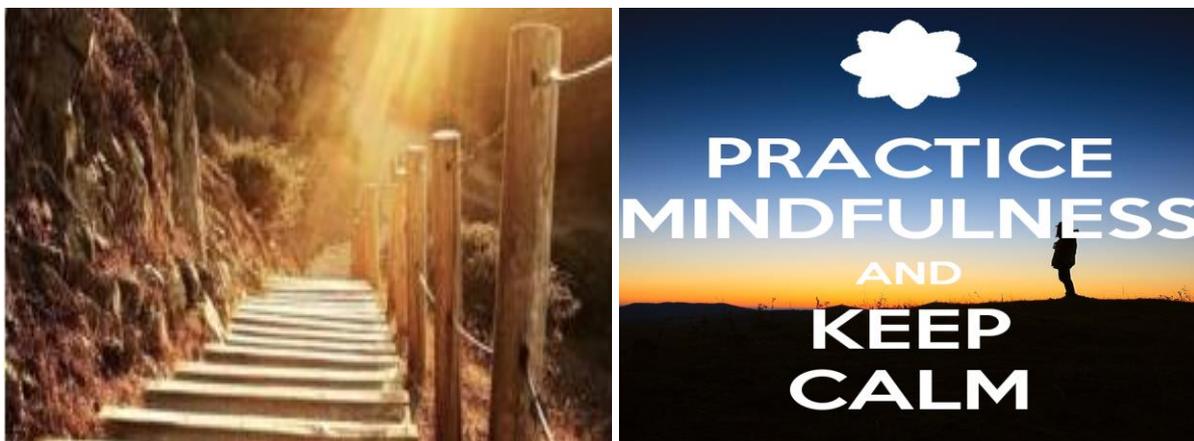
Bupa have published 8 specific stretching exercises to help ease aches and pains. We would suggest doing these exercises daily is a great habit to get into, and will help relieve muscle tension whether you work from home at a desk, or in a clinical and frontline setting. <https://www.bupa.co.uk/newsroom/ourviews/desk-stretches>

Mindfulness

In last week's communication we touched on mindfulness and the benefits of this wonderful practice. Some people find mindfulness and meditation really useful tools at the start and end of each day. For beginners, mindfulness takes practice, and it can sometimes be hard to focus your mind when it's racing with thoughts.

The link included below provides access to practical exercises designed to help you get started on your mindfulness journey.

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>



One You - Every mind matters

The one you, every mind matters platform is here to remind us 'there is only one you' and we need to look after ourselves. The offer includes lots of different elements, including advice about healthy eating, exercise, mental health help, as well as various apps to help with your individual journey.

Every Mind Matters gives you simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. It will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support. You'll also learn about what you can do to help others.

It only takes a minute to get started by clicking [here](#) and completing [our short free quiz to create Your Mind Plan](#) and personalised tips and advice will be emailed to you direct.

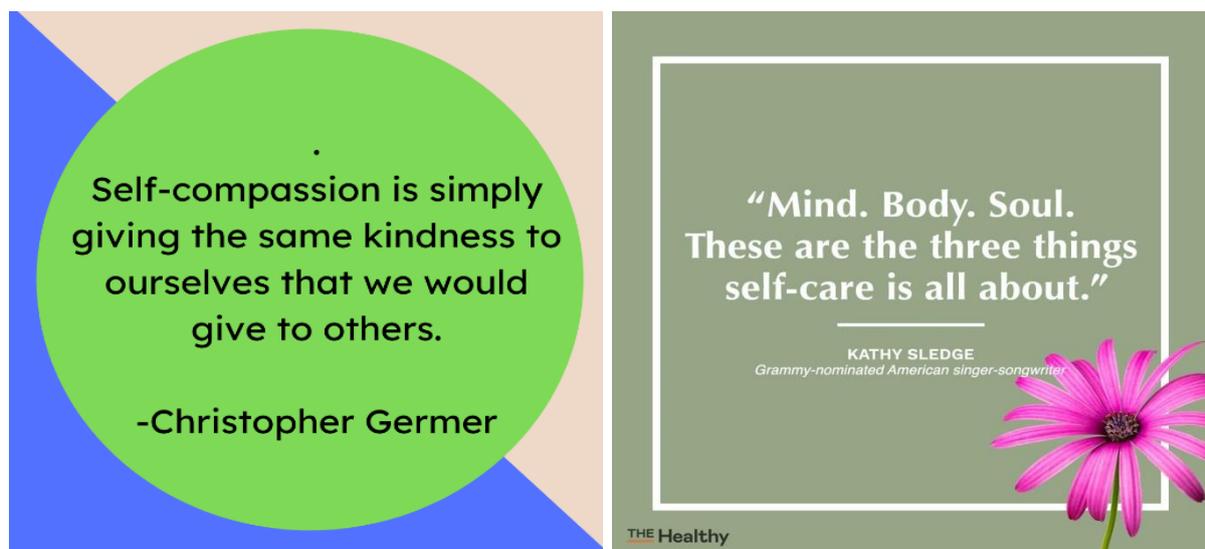
For further information please click here <https://www.nhs.uk/oneyou/>

ONE YOU

Self-Compassion

Self-compassion is about mindfulness, self-kindness, and common humanity. The benefits of self-compassion practice are, people feel happier, less stressed and more resilient.

A useful website if you would like to learn more about self-compassion is by Dr Kristen Neff and includes resources about what self-compassion means, guided exercises to help improve how self-compassionate you are, and lots of tips at <https://self-compassion.org/>



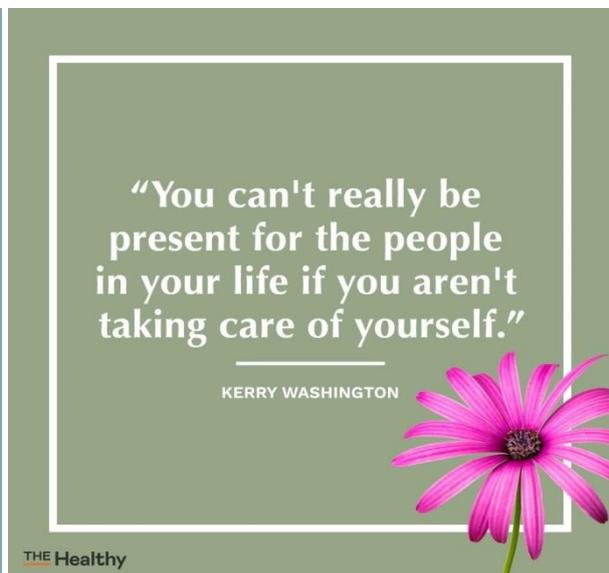
Yoga 30 day challenge

Yoga is also a great way to relieve muscle tension, just 10 minutes a day can help with relaxation and setting your mind up for the day. Yoga with Cassandra offers a **FREE** 30 day morning yoga challenge via YouTube. The programme is 10 minutes of yoga each day focussed on a different muscle group – these are amazing stretch routines for beginners as well as more experienced ‘yogi’s’.

[yoga with kassandra 30 day challenge - YouTube](#)



And remember, **It's OK not to be OK** all of the time. There is so much support out there for you to access! We are consistently trying to remind colleagues of the health and wellbeing offers available – Please share with your colleagues and use this link as a reminder <https://people.nhs.uk/>



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

Thank you