



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.

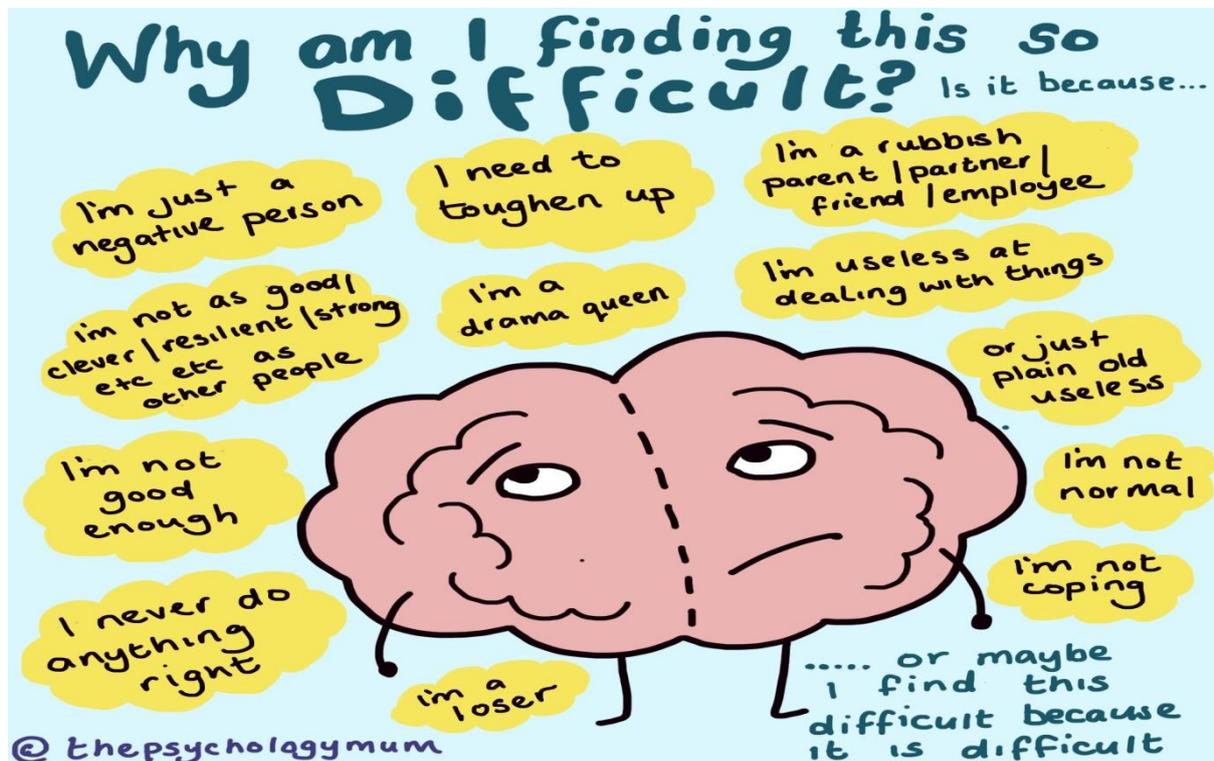
This week we ask you to focus on your own personal coping mechanisms. **You need to look after yourself before you can look after others!**

LLR System Health and Wellbeing support available

Mixed Emotions – It's OK

As we move towards better days ahead with plans to come out of lockdown, for many of us there are a mix of emotions as a result of the pandemic. Happy, sad, nervous for the 'new normal' in terms of work and home life, cautious of reuniting with friends and family after all this time, worry and excitement for our children returning to school, the list goes on...

We all have our own individual mix of emotions and characteristics in how we deal with them, they are personal to us and our own life and support network right now. Things continue to be difficult, and there is still a lot of uncertainty and confusion, including the many knock on affects as a result of the pandemic, but brighter days are coming, and it's important to keep on top of your own personal coping strategies. Remember, we are all in this together. "Sometimes it feels difficult because it is difficult".



Seven Ways to Bounce Back After COVID

Professor Michael West, Advisory Consultant has said:

“During the pandemic I have witnessed the extraordinary response from staff and the emergence of effective team working, despite so many people redeploying, taking on entirely new roles or working in different ways.

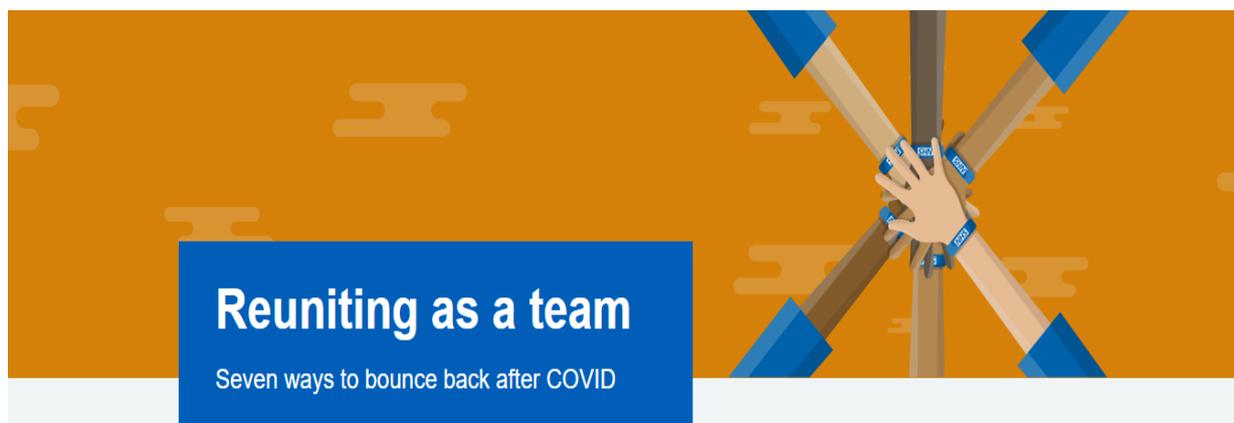
But it’s not all hearts and roses. As teams come back together, many are struggling to make sense of different perspectives within the team, especially when the future is still so uncertain, people remain dispersed and governance is changing day-by-day.

Our knowledge of human behaviour, attachment and disruptions to relationships suggest the value of recognising the transitions that many individuals and teams will be making as they reunite and acknowledging some of the emotions and difficulties that go with them.

Below are seven activities recommended by team-based working specialists to focus on when teams come back together – this is for leaders, managers and staff, everyone has a part to play. The model is based around 3 key positive goals: Re-establish purpose, belonging and trust in teams; Recover lost ground in terms of effective team functioning, and Capture and build upon learning and innovation.

1. Reunite around shared purpose and a new direction
2. Take time out as a team to reflect
3. Value different experiences and manage conflict positively
4. Accept that the future is still uncertain
5. Promote belonging
6. Celebrate success
7. Embrace remote working

To understand this model further, click on the link provided here: [Reuniting as a team – Our NHS People](#)



Frontline Breathe and Release

Frontline Breathe and Release is a **FREE** Instagram wellness resource created by Maude Hirst, and dedicated to supporting frontline and all key workers who are stretched to their mental and physical limits and perhaps short of self-care time.

The Instagram page offers a collection of 10-25 minute recorded breath-work sessions, guided meditation, and yoga practice from some of the world's largest celebrated experts in the wellness industry.

To find out more about this wonderful resource, including an interview with the founder as to why she created this social media family and her research behind it, please click on the following link: [Wellness on the Frontline: Meet Frontline Breathe & Release \(wanderlust.com\)](https://wanderlust.com/wellness-on-the-frontline-meet-frontline-breathe-release/)

To access the Instagram account please use the handle [@frontlinebreatherelease](https://www.instagram.com/frontlinebreatherelease)



Mind Webinar to Support the Mental Wellbeing of Frontline Key Workers Tuesday 9th March 2021 12:00-13:00 GMT

During this **FREE** webinar, Mind will introduce their new series of support resources, funded by the British Medical Association, which aims to provide practical advice and tips to help frontline key workers line managers and leaders reduce mental health stigma, create mentally healthy cultures and support better mental health.

The webinar will explore the subject of mental health stigmas, and how to break them down, as well as practical advice for starting difficult conversations about mental health and wellbeing.



To secure your place, click on the Eventbrite link provide below to register for FREE:

<https://www.eventbrite.co.uk/e/supporting-the-mental-health-of-nhs-staff-tickets-141707842973>

A Reminder of the National Health and Wellbeing Support Lines

		
<p><u>For confidential support by phone</u> General: 0800 06 96 222 (7am-11pm) Bereavement: 0300 303 4434 (8am-8pm)</p>	<p><u>For support by text message</u> Text 'FRONTLINE' to 85258 24 hours a day, seven days a week</p>	<p><u>For wellbeing support apps</u> Get free access to a number of wellbeing apps until the end of March 2021</p>

Please continue to share these with your colleagues via: [Our NHS People – Supporting our people: Helping you manage your own health and wellbeing whilst looking after others](#)

 <p>“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel.”</p> <p>— ELEANOR BROWN <i>author</i></p> <p>THE Healthy</p>	 <p>“Self-care is not self-indulgence, it is self-preservation.”</p> <p>— AUDRE LORDE <i>feminist and civil rights leader</i></p> <p>THE Healthy</p>
---	--

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