



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 have also included 'positive top tips' and a 'good news story' which you do not want to miss!

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

LLR System Health and Well-being support available

Mental Resilience

How can I be more resilient? Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. It's the way we cope with challenging and difficult situations in order to overcome them. Simply put, it's how we personally recover from stress. Resilience isn't a personality trait – it's something that we can all take steps to achieve

- **Give yourself a break** – reward yourself for achievements, be realistic about priorities, take breaks throughout your day, resolve conflicts, and most importantly...be kind to yourself!
- **Make lifestyle changes** – practice relaxation techniques, make time to connect with friends, and find an activity that takes you away from everyday pressures.
- **Look after your physical health** – get enough sleep, be active, and eat healthy.
- **Build your support network** – talk to friends and family, build positive relationships, access support at work via your line manager, employee assistance schemes and your peers – celebrate success together and keep talking!

There are some really amazing resources on the Mind.org website which you can access at:
<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

Further help and resources aimed at helping front line staff in the NHS and care services can be accessed on the MindEd website via the COVID-19 Resilience Hub
<https://covid.minded.org.uk/>

And helpful guides on personal resilience are available on the NHS people website
<https://people.nhs.uk/guides/personal-resilience-an-anchor-in-the-unknown/>

The British Army's 7 Pillars of mental resilience

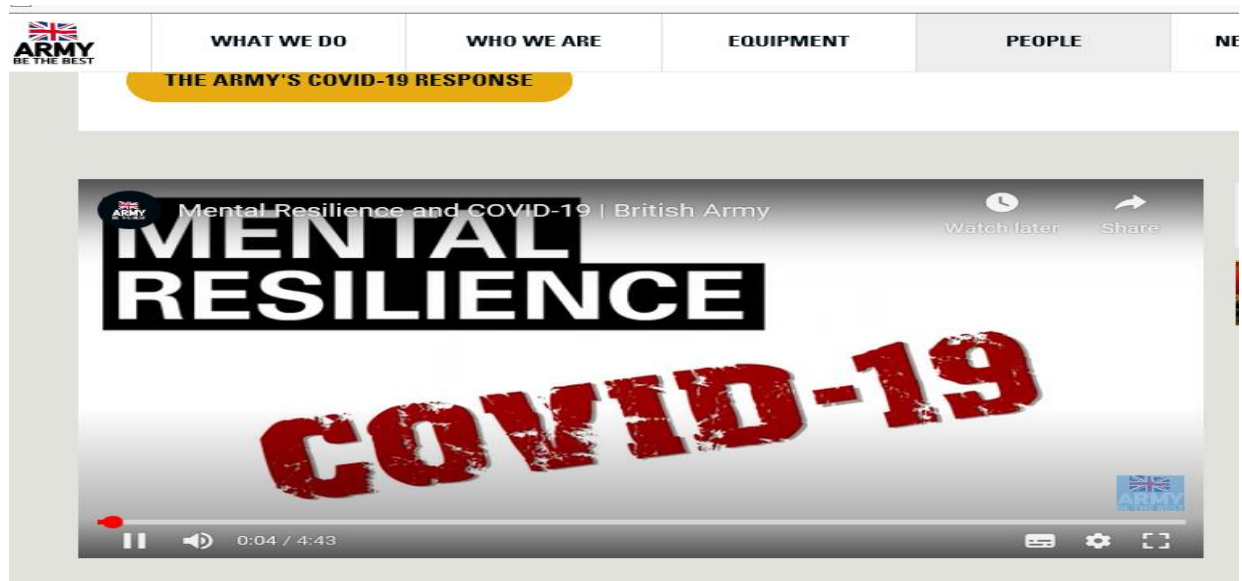
1. **Self-Belief** – confidence in your own abilities and judgement
2. **Positive Affect** – the ability to interact with life in a positive way
3. **Emotional Control** – the ability to understand and express your emotions
4. **Mental Control** – the ability to control your thinking...attention, concentration, focus, self-awareness, reflexivity, problem-solving
5. **Sense of purpose** – the motivation that drives you forward
6. **Coping** – adaptability, the natural coping strategies you have learnt through coping in previous stressful situations
7. **Social Support** – the social network you have and the ways you use it.

As well as 5 psychological skills which will help you develop your 7 Pillars:

1. **Set goals** – have structure and routine to your day and prioritise tasks
2. **Think positive** – notice your thoughts and let the unhelpful ones go
3. **Emotional control** – try to notice how you are feeling 'let it go' and refocus
4. **Anxiety regulation** – remember, being anxious is a normal emotion, practice breathing techniques
5. **Mental rehearsal** – notice if your mind is distracted and try to imagine yourself carrying out an activity.

There is a great informative video which explains the 7 pillars and 5 psychological skills of mental resilience on the British Army website at

<https://www.army.mod.uk/people/join-well/mental-resilience/>



Positive Top Tips!

Be kind to yourself... 'Well done you're doing great!'

Talking to yourself in a positive way and having a positive mindset helps achieve good mental resilience, having a positive outlook can also help those around you. Mental resilience is so important right now, many of us are being tested to our limits in a variety of ways. Taking time for reflection and positive change is key. Look after your mental and physical wellbeing and plan for when the storm passes – because it WILL pass!

A quote from Helen Keller "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence".

FREE Masterclass in adaptive working styles

Hosted by the LLR Academy, this free masterclass is an introduction to adaptive working and human factors. During the masterclass, Med-led – experts in high performing teams will help you to explore:

- Adaptive working practices
- Human Factors
- Mind-sets under pressure

And how they should be considered during the COVID-19 pandemic. This interactive session is open to all LLR staff wanting to better understand how these elements can affect and inform team performance.

To register simply click on the Eventbrite link included below and you will be sent sign in details following registration.

<https://www.eventbrite.co.uk/e/adaptive-working-and-human-factors-an-introduction-tickets-102980028036>

Good news story

Rick Zarac aka ‘the miracle man’ is a Covid-19 survivor. He and his partner Vanessa have shared their story to give hope to others and to also thank the NHS and staff at the Leicester Royal Infirmary (LRI) for the wonderful care and support received.

“We would like to pay tribute to the outstanding care received from staff at the Leicester Royal Infirmary, particularly in the ICU. I have no doubt they saved my life! We are so grateful and forever in their debt. They selflessly put themselves at risk to provide the very best care and treatment, never giving up on me!”

“A special ‘Thank you’ to all who looked after me in the NHS, the GP, the paramedics, staff in ICU, and staff on ward 23 – you are all truly amazing and should be extremely proud of what you do!”

Read the full story published at Leicester Mercury Newspaper online here

<https://www.leicestermercury.co.uk/news/leicester-news/i-can-only-tell-you-4085068>



(Rick recovering at home with partner Vanessa)

New support and resources available!

Virtual common rooms:

Meet other professionals in a confidential safe and guided space. Get support and share your experiences. The staff common room is an opportunity for health and social care staff to come together virtually and support each other during this difficult time. The staff common rooms are a safe and supportive environment through which we hope colleagues will feel enabled to maintain their health and wellbeing. The group sessions are available twice daily and you can request to join at <https://people.nhs.uk/help/>



New Bereavement support line:

A confidential bereavement support line, operated by Hospice UK and free to access from 8am-8pm, seven days a week by dialling 0300 303 4434

A team of fully qualified and trained bereavement specialists are available to support you with bereavement and wellbeing issues relating to loss experienced through your work.

Users of the service will be offered up to 3 sessions with the same counsellor and onward support via staff mental health services if required.

You can find out more information about the support line, and access the bereavement support guide, which includes lots of practical tips, on the NHS People website at <https://people.nhs.uk/guides/>

Bereavement support during COVID-19

We have received a lot of feedback from colleagues across the NHS asking for central guidance and support following the loss of a colleague, friend or family member during the Coronavirus pandemic.

The graphic features a blue speech bubble on the left containing the title. On the right, there is an illustration of two hands, one larger and one smaller, holding a red heart. The background is a dark purple with faint, light-colored clouds.

Please get in touch by sending an email to the LLR System Health and Well-being Team via: LLRAcademy@uhl-tr.nhs.uk

Thank you