



System Health & Wellbeing



LLR Academy
#MoreGoodDays

 @LLRAcademy

Your weekly message from your Covid-19 Leicester, Leicestershire and Rutland (LLR) System Health and Wellbeing Team

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

Signs of stress and burn out

People react to stress in different ways. Of course, small amounts of stress can be a positive driver for some and help get things done. However, too much stress can have a negative effect on people, cause 'burn out' and if left unaddressed can lead to longer term anxiety and depression.

Signs of stress can present in (not limited to) a number of the following ways:

Physical – Tiredness, a tight chest, palpitations, headaches, indigestion, appetite and weight change (gain or loss), Joint and back pain, upset stomach, nausea, sweating, changes in sleep patterns and low energy.

Psychological – Anxiety, detachment, tearfulness, low mood, irritability, anger, indecisiveness, loss of motivation, increased sensitivity, low self-esteem, and difficulty concentrating.

Behavioural - Increased use of alcohol, drugs or cigarettes, withdrawal or aggression, avoiding responsibilities, compulsive behaviour, lateness, recklessness and nervous behaviours.

Research indicates that for a number of reasons, a percentage of us don't access support, take time out, or ask for help when we need it, and instead adopt an 'I'll be ok' attitude, when in actual fact, the short and long term gain of taking time out or asking for help 'sooner rather than later' has the greatest benefit to our mental and physical wellbeing.

Managing stress

This useful guide includes a number of resources and information to help better manage stress as an individual and within a team. Full guide can be accessed at <https://people.nhs.uk/guides/managing-stress/>

For the people who don't like to ask, who are too busy, who don't know what to say, who think what's on their mind is too serious, who think their problem isn't worth it, who don't believe it

will help them...Please reach out and access the health and wellbeing support available to you locally in your own organisations and nationally via the resources included in this communication each week! It is there to help and support you all during and beyond COVID-19.

Wellbeing support for our NHS people



Need to share with someone
in confidence?

This is for you

Talk, call, text, search

#OurNHSPeople

Making decisions under pressure

This is a new guide for leaders and managers which aims to highlight the factors likely to enhance or impair decision-making under pressure; as well as some specific techniques which can help. You can access the full guide at <https://people.nhs.uk/guides/making-decisions-under-pressure/>

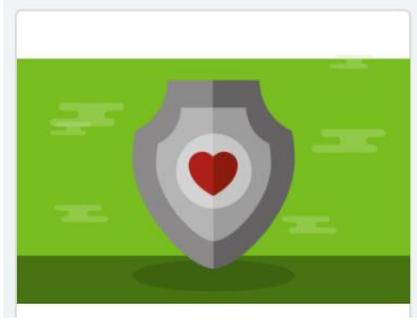
Conversations about painful subjects

A guide for leaders and managers on how to approach discussing painful subjects including trauma and moral injury.

Trauma - Trauma can be defined as the experience and effects of overwhelming stress. Trauma can overwhelm a person's ability to cope when faced with threat, or when they believe there is a serious threat confronting them.

Moral Injury - Moral injury is defined as "the psychological distress which results from actions, or the lack of them, which violate someone's moral or ethical code". Unlike formal mental health conditions such as depression or PTSD, moral injury is not classified as a mental illness. However, those who develop moral injuries are likely to experience negative thoughts, often about themselves and others involved in the traumatic incidents which have triggered their distress.

Further information and support can be found at <https://people.nhs.uk/guides/conversations-about-painful-subjects/>

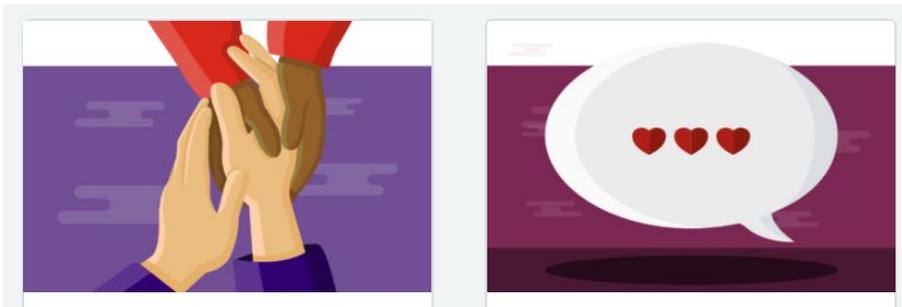


Suicide or death in service

In the unfortunate circumstance of a death in service, we understand the need to balance sensitivity with the practical need to administer pay and (if applicable) an NHS pension during a difficult time for the next of kin. The purpose of this guidance is to provide line managers with a clear **10 step** process that outlines the steps to take following the death of a colleague that reports to you. Further information and support can be found at <https://people.nhs.uk/uncategorized/10-steps-for-managers-in-the-event-of-a-death-or-suicide-in-service/>

A Reminder!

The Bereavement support line is also there to help you. This is 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**



Stay Alive App

The Stay Alive app is a suicide prevention resource and the first of its kind in the UK. The app contains lots of useful information and tools to help you stay safe in crisis including, quick access to national and local support, breathing exercises, suicide myth-busting, how to help someone else who you think may be considering suicide, and much more!

Designed by a charity called Grassroots, their aim is to prevent suicide through open and direct conversations. In addition to the resources mentioned above, the app also includes a safety plan, customisable reasons for living, and a LifeBox where users can store photos and memories that are important to them.

You're not alone. Get trusted confidential help now. Talk to your team, call the staff support line (reminder below), or download the Stay Alive app now for FREE via Apple or Google Play <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>



A reminder!

The staff support line is operated by the Samaritans and **free to access from 7:00am – 11:00pm, on 0300 131 7000, seven days a week**. This is a confidential support line for when you've had a tough day, are feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through. Alternatively you can **text FRONTLINE to 85258** for support 24/7 via text.

Hub of Hope

By calling the staff support line you can also find out what self-care is right for you as well as the types of support available in your local area with hub of hope.



Health and wellbeing of the Adult Social Care workforce

Care workers, caterers, cleaners, nurses, occupational therapists, personal assistants, registered managers, social workers, and others, all have a crucial role in ensuring that people's needs are met during this challenging time. The dedication and commitment shown by our care workers and organisations to keep people with care and support needs safe during these unprecedented times is truly amazing.

There are examples across the country where people are going above and beyond. You can access a wealth of support, advice and good practice examples at

<https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce/health-and-wellbeing-of-the-adult-social-care-workforce>

A reminder

Please also remember an app dedicated to the adult social care workforce is available now to support staff during the COVID-19 pandemic. Further information can be found at <https://www.nhsemployers.org/news/2020/05/new-care-workforce-app-now-launched>

A quote from Stephen Hawkins “Look up at the stars and not down at your feet. Try to make sense of what you see, and wonder about what makes the universe exist. Be curious”

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