



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

ABC Guide to Personal Resilience

With many parts of Leicester now facing the nation's first localised lockdown following a surge in coronavirus cases, your personal resilience is so important, and we encourage you all to read through the information included here to help support you.

Personal resilience is the way we cope with challenging and difficult situations in order to overcome them. Simply put, it's how we personally recover from stress. The good news is that we can become more resilient, even in the most stressful and unpredictable times such as now.

As healthcare workers, we are already hugely resilient, committed and skilled. It's what we've been trained for and goes hand in hand with our work. Yet with the continued uncertainty and challenges of the COVID-19 pandemic, it is completely normal to feel unsettled, anxious and worried.

As NHS staff, we are often portrayed as heroes – and we can be. However, it's unrealistic to be heroic all of the time and even 'heroes' need help.

This **ABC** guide is a simple set of ideas for maintaining and enhancing your personal resilience during the COVID-19 pandemic, and stands for:

- **Accept** and **Act** – “accepting how things are, prepares us to take positive action”
- **Body and Brain** – “you need to care for yourself, before you can care for others”
- **Connection** and **Community** – “we are stronger, together”

You can access further information, including practical ideas and questions to ask yourself to help you become more resilient at:

<https://people.nhs.uk/guides/abc-guide-to-being-personally-resilient>

NEW! A guide to good sleep

COVID-19 has changed the way in which we live and work. For many of us, this stressful period may present a real challenge to both sleep and our mental health. Sleep is a cornerstone of our health and so protecting it is important.

This brief guide has been developed to help you do just that <https://people.nhs.uk/guides/a-guide-to-good-sleep-for-clinicians-and-healthcare-professionals/>

Don't forget, there are also a number of wellbeing apps which you can access free of charge at <https://people.nhs.uk/help/>



SilverCloud
Digital Mental Health Platform

UPDATED! Creating a 10 minute pause space

In these challenging times, we know that the pressure on individuals and teams has the potential to mount, so finding space to re-set, recharge and re-commit will be crucial in encouraging people to leave the pressures of work behind, as they reconnect with family and friends at the end of a shift.

This guide is designed for anyone to use, in any setting, and to respect the current challenges on time and space.

Further information, including a range of [Pause Space delivery options](https://people.nhs.uk/guides/creating-a-10-minute-pause-space/) to suit our diverse workforce can be accessed at <https://people.nhs.uk/guides/creating-a-10-minute-pause-space/>



Wellness Action Plans

Wellness Actions Plans (WAPs) are an easy, practical way of helping you to support your own mental health at work, and if you are a manager, helping you to support the mental health of your team members.

Everyone can complete a WAP; you don't need to have a mental health problem in order to feel the benefits, it just means that you already have practical steps in place to ensure you are supported when you aren't feeling great.

There are two guides available on the Mind website which you can access at <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/employer-resources/wellness-action-plan-download/>

Guide for line managers – this is for managers or supervisors who are interested in introducing WAPs to their team members

Guide for employees - this is for anyone who would like to try a WAP for themselves and introduce the idea of using WAPs to their manager or supervisor.



The UK Sepsis Trust COVID-19 Recovery Response

The UK Sepsis Trust 'COVID-19 Recovery Response' service is available to anyone who has been critically ill in hospital with COVID-19 and their family. The Trust has created the following guides:

- **Recovery after Critical Illness** guide for those who have been affected, can be downloaded [here](#)
- **Returning to Work Following Critical Illness** guide can be downloaded [here](#).

You can also contact the UK Sepsis Trust support team direct by:

Telephone on [0808 800 0029](tel:08088000029) or request email support [here](#).

To access further information, including frequently asked questions and to donate to the Trust, please click here <https://sepsistrust.org/covid-19-recovery-response/>



Thank You Together Clap – 5th July

On Sunday 5th July at 5pm there will be the biggest, loudest and final clap for carers and key workers. Afterwards, people are encouraged to stay outside to show their thanks/appreciation to their neighbours or reach out to someone who is lonely, isolated or shielding, to let them know they are supported.



Leicester Lockdown

You can access the Public Health England website to find out about the latest guidance regarding the lockdown, including the restrictions in place, local action being taken, and the areas of Leicestershire included at:

<https://www.gov.uk/government/news/leicestershire-coronavirus-lockdown-areas-and-changes>



Department
of Health &
Social Care

A quote from Anom “Remember...You are the most important person in your individual recovery”

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