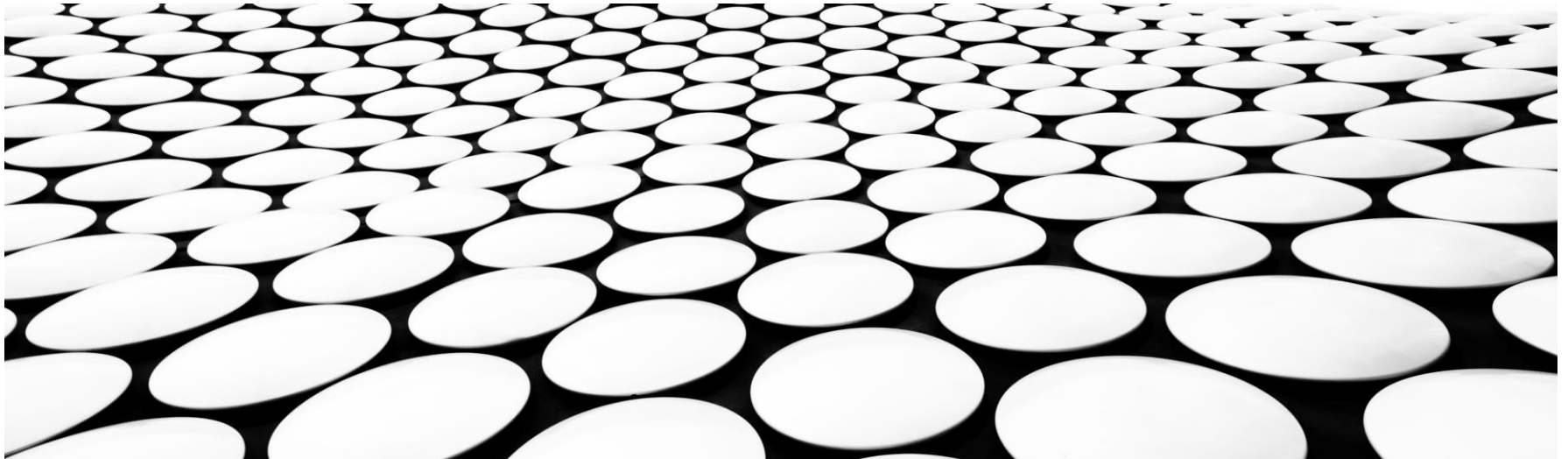


UKPHR Practitioner Conference 2021

REVIVE AND THRIVE: Post COVID-19 wellbeing at work



About Me

Consultant in public health since 2009, worked across landscape, Health Authority, CCG, PCT, move to LA, STP and now ICS- adapting to change, problem solving, reading quickly – Key Skill is navigation complexity- **PUBLIC HEALTH WORLD.**



Like walking, doing things with the community- PTA. PPC. Trustee for MIND and now a local charity, coach and mentor. Working on a coffee table book on mastery and exhaling forward and one on inclusive situational judgement



Over the next 20 minutes we will.....

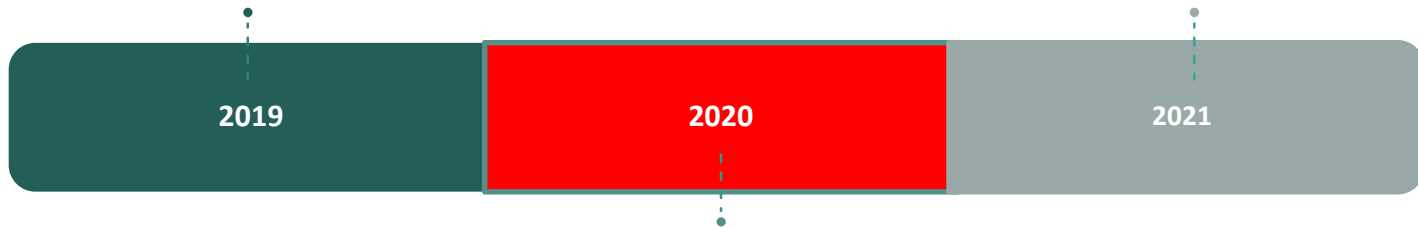
Reflect on our emotional and mental well being over these last few months, what helped, what didn't and how we might have encouraging conversations with colleagues.

This is a space for you to self reflect and take action are:

- Create the chance to self reflect
- Explore how we can show empathy and compassion at work
- You will leave with tips and material to create a visual aid to support yourself

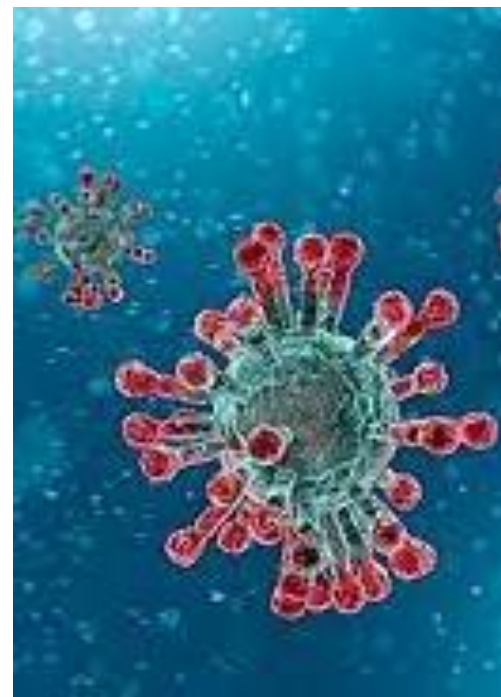
Interactive session, please use the chat to comment, share tips, information, observations, questions and thoughts, paste emojis and generally enjoy the session..

We all know what happened: Now one year plus on, we look to



Different states that we have been feeling:

1. Fearful 🙄
2. Grief 😞
3. Overwhelmed 😲
4. Stressed ☐
5. Fed up 😞
6. Unable to cope 😬
7. Anxious ☐
8. Depleted ☐
9. Sad 😞



And thinking about colleagues?

- a. Do you feel that you are able to support them
- b. How often do you speak to them
- c. Do you feel that this has been a good situation for them/ you
- d. Do you feel engaged with them
- e. Have you had a chance to speak with them

Here are some things that people have been doing

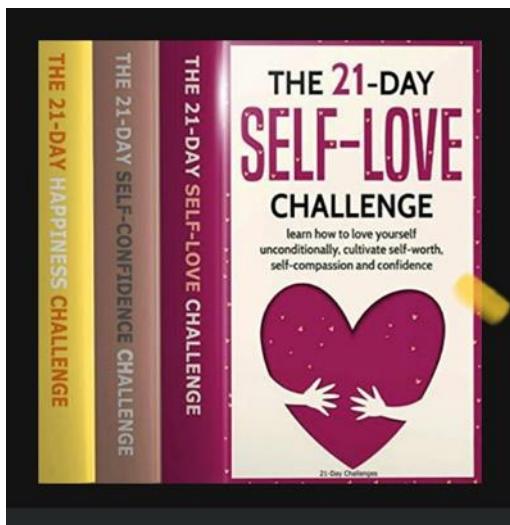
- Five ways to well being – Give, Learn, Connect, Take Notice, Be active
- Daily meditation
- Listening to audiobooks
- Loving Yourself

Self care...REPLENISH



Samson Marketing Agency

Employee Mental Health & Wellness Checklist



Studies show that people who work remote can experience loneliness, isolation, and inability to "switch off". It is a privilege to be able to work from home and still earn an income during these times. The HR team have prepared a checklist to help employees take care of their own mental health in the middle of a crisis in isolation.



Create a schedule & stick to your routine

- Schedule short breaks throughout the day (15 min. - 45 min.).
- Include fun activities for the day in your schedule.



Try to remain physically active

- Go for a walk, bike ride, or do an at home workout, lowers anxiety.
- Have your coworkers join in on the fun and workout together.



Find your support system

- Don't be afraid to say "no" if you're feeling overwhelmed by the amount of work.
- Schedule video calls with colleagues, friends, family so that you're getting that social time.

Source: <https://www.stonemotel.com/how-to-keep-your-mental-health-in-check-when-you-work-from-home>

Boost your wellbeing

Connect with others on board



Communal activities are a good way to increase social interaction. Electing a social hub to organise events and activities on board can be effective



Doing something nice for someone, helping them or even a simple smile can all contribute to your wellbeing



It might not be easy, but building connections with fellow crew will have a positive impact on your wellbeing and theirs



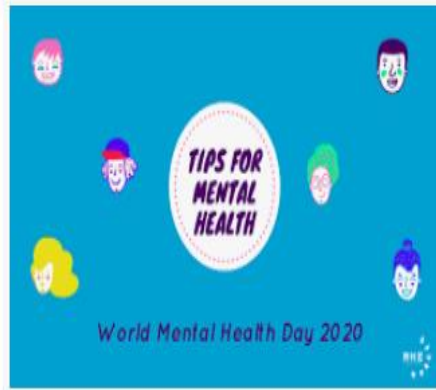
Visual examples



And some more



Tips For Positive Mental Health ...
picshealth.blogspot.com



110 tips for positive mental health
mhe-sme.org



Tips for tending to your mental health ...
catholicsentinel.org



tips to help improve your mental health ...
cummins.com



What is Mental Health Awareness Week?
thompsonexplorer.wordpress.com



Your 10 Tips For Good ...
watersedgescounselling.com



10 Tips for Good Mental Health
selfgrowth.com



Look After Your Mental Health ...
kingsbrighton.fireflycloud.net



Mental Health & Wellbei...
mildenhall.attrustrg.org.uk



 <p>Reach out These are unusual times! Often talking things through with a loved one will help</p>	 <p>You time Schedule downtime to do something you enjoy</p>
 <p>Plan Create a revision schedule but remember to include breaks!</p>	 <p>Eat & drink well Go for healthy food and stay hydrated</p>
 <p>Shh! Work somewhere where you can concentrate and put your phone down to avoid distractions</p>	 <p>Zzz... Try to get enough sleep and don't stay up too late!</p>

Working From Home
looking after your mental health



LOCKDOWN 2.0

ASTON SHAW

Colleagues Well being



Mental Wellbeing Workshops - ...
thewellbeingproject.co.uk



Mental Health Awarene...
publichealth.hscni.net



Looking After Your Men...
helenbamber.org



NHS Ayrshire & Arran - Mental Health ...
nhsaaa.net



Mental Health & Wellbei...
mildenhall.atrust.org.uk



mental health first aid - ...
chilypep.org.uk



Two next steps for your self care and 2 steps for with a colleague

Opening Page

What will you do?

write in the chat and on a post card or note as a commitment for yourself,





- For you to feel good about yourself, do your best work.
- Create your own wassap message/visual aid- for your desk, screen mirror, the intranet at work, your family or a work colleague