

Tune into Local Mindfulness

- Regular **Mindfulness Sessions** of 15-30 mins each
- Choose a time that best suits you (morning or evening), either 7.30-7.45 am or 8.00-8.30 pm
- For session details, link to:
<https://us04web.zoom.us/j/5743287065?pwd=Z01hQVRKM1pZbHMwc1hMMUIJdnc4dz09>
- Zoom meeting ID: 574-328-7065
Password: 5EmzHE

Try 5-minute space:

Yoga with Adriene: <https://www.youtube.com/watch?v=4C-gxOE0j7s>

Mindfulness John Kabat-Zinn: <https://www.youtube.com/watch?v=8oWmGJc8NWI>

Personal Wellbeing & Resilience

- **Resilience** is: “The capacity to prepare for, recover from and adapt in the face of stress, challenge or adversity.”
- Practice being *flexible* through mindfulness; journaling, talking and yoga; (*ie being flexible is at the heart (& head) of good mental & physical health AND resilience*).
- **Emotions** create habits (wanted & unwanted) so now is the time to create positive habits via connecting with positive feelings- be compassionate, smile more, practice, say gratitude’s etc
- Start a new tiny *wanted* habit today: **After I (eg have a coffee) I will (eg relax for 3 seconds)** & when you have done that big smile 😊

1-2-1 Psychological Support

- **Local BDCFT COVID-19 Confidential Helpline** (BDCFT team).
OPEN TO ALL – 8 am to 6 pm, Mon to Fri
Call 01274 251909
- **National NHS Listening Line** for all NHS staff, 7 am to 11 pm, 7 days a week – call 0300 131 7000
- **SMS Support** available 24/7 – text ‘frontline’ to 85258
- Useful wellbeing resources: <http://covid.minded.org.uk/>

National Offer

- **Doctors’ Common Room** once a day, either 11 am or 6 pm – register via: <https://www.practitionerhealth.nhs.uk/upcoming-events>
- **Staff Common Room** (safe space to talk for all NHS Staff) twice a day, at various times – details & booking via:
<https://www.practitionerhealth.nhs.uk/upcoming-events>
- **Top Tips** for caring for yourself PLUS other resources for ALL STAFF – link to: <https://www.people.nhs.uk>
- **NHS Practitioner Health Service for Doctors & Dentists** – call 0300 030 3300 or link to: <https://www.practitionerhealth.nhs.uk>
- **National Bereavement & Loss Support** for NHS staff, 7 am to 11 pm, 7 days a week – call 0300 303 4434

Useful Apps:

<https://nhs.unmind.com/signup>

<https://www.headspace.com/nhs>

<https://sleepio.com/nhs-staff>

<https://trydaylight.com/nhs-staff>

Please remember to:

- Pause.... take a breath
- Be kind to yourself
- Talk about your feelings
- Stay connected

