|  |  |  |
| --- | --- | --- |
| **BDCFT: Your Wellbeing Matters****Matters** **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 COVID-19 Confidential Helpline** (BDCFT team).

**OPEN TO ALL CARE HOME STAFF** – 8 am to 6 pm, Mon to Fri. Experienced psychological therapists. Access to help & counselling if needed. **Email:****psychologicalstaffsupport@bdct.nhs.uk****Call 01274 251909*** **National confidential staff support line**, operated by the [Samaritans](https://www.samaritans.org/) & free to access **from 7:00am – 11:00pm, seven days a week. Tel 116113**
* **Bereavement & Care Support**, 7 am to 11 pm, 7 days a week – Call our free helpline **0808 808 1677**
 |  | **CARE SPACE*** **Expert Guides of 20 min Care Space for Teams** to help managing your own health and wellbeing **Contact Helpline on 01274 251909** to arrange.
* **Top Tips** for caring for yourself PLUS other resources for ALL STAFF – link to***:*** [***https://www.people.nhs.uk***](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.people.nhs.uk%2F&data=01%7C01%7Csuzanne.heywood-everett%40bdct.nhs.uk%7Ca384549b51ab42ebf0bf08d7f5b28ade%7Cf377edd1c32a465086639fc3ec794b84%7C1&sdata=GFxttEAoMy182vICTcJDN26MXzUTyWR4Oivx8Mk3STc%3D&reserved=0)
* **Useful wellbeing resources**: [***http://covid.minded.org.uk/***](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcovid.minded.org.uk%2F&data=01%7C01%7CSuzanne.Heywood-Everett%40bdct.nhs.uk%7C511c56ce4224445d1f0308d7e1471674%7Cf377edd1c32a465086639fc3ec794b84%7C1&sdata=QxXQMv59OFygyeWErVM37FNyR3Leoao9e8s6SbyfXeY%3D&reserved=0)
* **Useful local wellbeing for everyday problems**: ***http://bmywellbeingcollege.nhs.uk/knowledge-bank/***
 |

**Useful Apps:**

**Please remember to:**

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

**Please remember to:**

* Pause… take a breath
* Be kind to yourself
* Talk about your feelings
* Stay connected

|  |  |
| --- | --- |
| <https://nhs.unmind.com/signup> | <https://www.headspace.com/nhs> |
| <https://sleepio.com/nhs-staff> | <https://trydaylight.com/nhs-staff> |