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| **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 😊 |
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| **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**](mailto: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

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