



PSYCHOSOCIAL TEAM NEWSLETTER

Spring/ Summer 2023

Welcome to the first of our newsletters! Whilst many of you will have met us before, we wanted to take the opportunity to re-introduce ourselves and the newer members of the CF Psychosocial Team, also to provide updates and information that we hope will be useful.



As a psychosocial team a priority for us is taking care of our own wellbeing and that of others. We know that looking after our physical health and wellbeing is important, but looking after our emotional health and wellbeing is equally important in terms of doing the things that uplift us, boost our mood, energy and outlook. Having a routine of good psychological self-care can also help to build our resilience to manage the more stressful or challenging times.

From March, we have been noticing the lighter evenings and feeling a bit more of a spring in our step knowing that (hopefully!) the warmer weather beckons and we can look forward to the things we enjoy e.g. holidays, spending time outdoors, gardening, trips to our lovely local beaches, and long sunny days. As a team we have been discussing the things that we enjoy at this time of year to enhance self-care.



We have also been having a bit of fun completing the Myers & Briggs 16 Types Personality Test, to celebrate our differences as individuals and highlight our strengths. We were then able to use this information to identify our 'spirit animal' and Harry Potter personality type (less scientific, granted, but good fun!)

We hope you enjoy finding out a bit more about us in our *meet the team* section.

MEET THE ALL WALES ADULT CF PSYCHOSOCIAL TEAM

I'm Aimee Stimpson and I'm one of the newer Clinical Psychologists to have joined the All Wales Adult CF Service in September 2022. I qualified as a Clinical Psychologist in 2009 and have worked in medical settings, including respiratory medicine, for six years.

One of my favourite things to do is spending time at my allotment, it just helps me to clear my head and feel calm and grounded. At this time of year I get excited about what new things I can grow, getting ready to sow seeds and looking out for the tiny seedlings starting to peep through the soil.



Personality wise I am an ISFJ (introverted, sensing, feeling, judging) type, described as a 'protector personality' as I strive to keep people safe and well cared for. My spirit animal is a deer - caring and reflective, reserved and dependable.

My Harry Potter personality type is Neville Longbottom, which I don't mind at all, although hopefully I have a better dress sense! I admire his quiet courage, fierce loyalty to his friends and willingness to fight to the end!

We hope that this newsletter will help you to think about your own wellbeing and self-care in terms of things you might plan for or do more of to make the most of the lighter months. Research has shown there are five key areas we can focus on to improve our own wellbeing and that of others:

- **CONNECT** - *develop and strengthen relationships, reach out to others. It is the quality of relationships that matters over quantity, good to remember in these social media driven times*
- **KEEP LEARNING** - *keep the mind active, try something new*
- **BE ACTIVE** - *walk, run, dance, yoga, anything you like - try and move a little more. The best exercise is something we enjoy doing!*
- **TAKE NOTICE** - *pay attention to the present moment e.g. mindfulness, take up a mindful activity like knitting, tai chi, painting or drawing, spend time in nature, let your senses guide you*
- **GIVE** - *show kindness and compassion to others, those that do tend to feel happier*

You can find more information and up to date research on wellbeing and self-care here:

<https://actionforhappiness.org>

<https://www.dpt.nhs.uk/resources/recovery-and-wellbeing/five-ways-to-wellbeing>

If you would like to do some self-exploration with a view to understanding more about your strengths, bearing in mind that our strengths really get to the root of our personal resilience and internal resources we can draw on when times get tough, you can complete the personality tests here:

<https://www.truity.com/test/type-finder-personality-test-new>

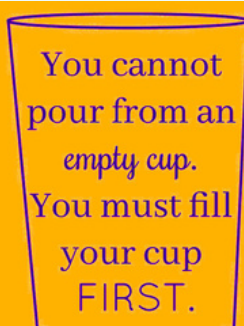
<https://www.sosyncd.com/16-personality-types-spirit-animals>

<https://psychreel.com/harry-potter-personality-types>

Finally, remember that *self-care is not selfish*. If you don't do enough restorative things to keep your 'cup' full, you will have nothing left to give or share with others.

Please contact the CF Psychosocial Team at any time if you would like more information and support regarding wellbeing on **02921 824597**.

Alternatively there will be chance to meet us when you attend your annual review. We use this as an opportunity to check in with you about your wellbeing and offer advice and support as needed.



You cannot
pour from an
empty cup.
You must fill
your cup
FIRST.

Your Choice Nutrition

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Please let us know by replying to this email.**