

# People Health and Wellbeing

## Stress Awareness - October 2023

### What is stress

Stress is the body's natural reaction to perceived threats or pressure. Pressures are a normal part of life and can be a useful motivator to help us pursue our goals and meet the demands of everyday life. However, when perceived pressure on us becomes too great, we may experience stress. Stress is very common but, long-term, can damage our physical health and mental wellbeing.

### What are the signs of stress

If you are stressed you may notice physical and emotional symptoms, as well as behavioural changes. These could include:

#### Physical

Aches and pains

Stomach problems

Dizziness

Headaches

Chest pain

Heart palpitations

#### Emotional

Difficulty concentrating

Impaired memory

Feeling less decisive or confident

Mood swings

Constant worrying

#### Behavioural

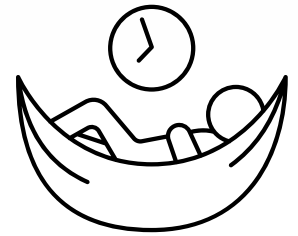
Irritability or restlessness

Over or under-eating

Difficulty sleeping

Changes in work attendance (arriving later or staying on later)

Using alcohol, smoking or drugs to cope



# How can we manage stress

## Self-compassion

Self-compassion is even more important when we're under pressure, and learning to be kinder to ourselves when we get overwhelmed can help with stress. If showing yourself compassion is something that you currently find difficult, you might like to sign up for our wellbeing workshop 'Introduction to compassion and self-care' via our [Eventbrite page](#). Alternatively, you can visit [self-compassion.org](https://self-compassion.org).



## Self-awareness

Being able to recognise how you experience stress and what your triggers are can be a helpful first step to managing your stress. Mindfulness can help us develop this awareness. You may wish to try the [Unmind](#) mental health app which you can access for free with your NHS email address. If you don't have an email address, then you can access other resources like [Insight Timer](#) for free.



## Lifestyle

Prolonged stress can have a big impact on our bodies. Getting enough exercise, sleep, and eating a balanced diet can help counteract some of these effects and help us feel more energised.

You may like to try 'Doing our bit', an exercise platform accessible to NHS workers. Visit [doingourbit.org.uk](https://doingourbit.org.uk) to find out more.



## Connect with others

Taking regular breaks to connect with those around us can be a great way to relax. You may like to connect with colleagues, friends and family by going for a walk or catching up over coffee.



## Challenge your thoughts

The way we think affects the way we feel. Learning to challenge negative thoughts can help us cope when we feel overwhelmed.

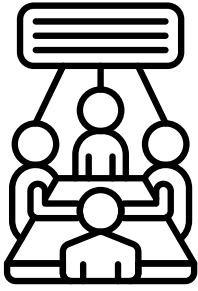
The EWS offers guided self-help sessions where you can work through the self-help guides at your own pace.

Silvercloud also offers free computer based cognitive behavioural guided self-help.

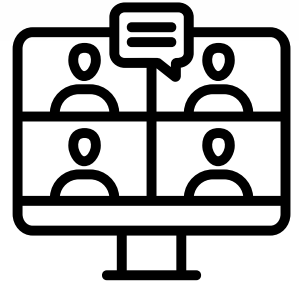


If you notice that you're experiencing a prolonged period of stress or it's beginning to negatively impact areas of daily life, you might like to ask your manager about completing a Stress Risk Assessment form together. Scan the QR code below to find out more:





# October Wellbeing Workshops



## Introduction to Assertiveness

### Workshop (In-Person)

Tuesday, 3rd October

1:30 pm - 3:30 pm



## Menopause Café (Online)

Wednesday, 4th October

9:30am-10:30am



## Stress Risk Assessment for Managers Workshop (In-Person)

Tuesday, 10th October

1:30 pm - 3:30 pm



## Wellbeing Champion Training (In-Person)

Wednesday, 11th October

9:30 am - 1:30 pm

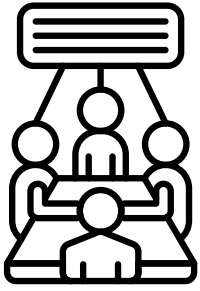


## Stress Awareness Workshop (Online)

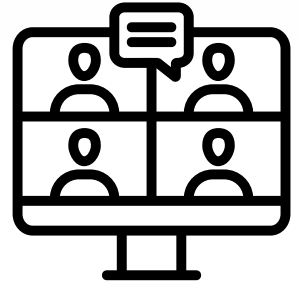
Tuesday, 17th October

1:30 pm - 2:30 pm





# October Wellbeing Workshops



## Menopause Awareness Workshop (In-Person)

Wednesday, 18th October  
10:00 am - 12:00 pm



## Introduction to Compassion and Self-Care Workshop (In-Person)

Wednesday, 25th October  
9:30 am - 12:30 pm



For more information about our upcoming workshops, visit our Eventbrite page and webpage by scanning the QR codes below:



EWS Eventbrite



EWS Webpage



@EWS\_CAVUHB

# Drop-in Sessions

Date	Time	Location
Monday, 16th October	12:00 pm - 2:00 pm	St. David's Hospital, Conference Room
Tuesday, 17th October	12:00 pm - 2:00 pm	University Hospital of Wales, Concourse
Wednesday, 18th October	12:00 pm - 2:00 pm	Butetown Medical Centre, Community Room, 2nd Floor
Thursday, 19th October	12:00 pm - 2:00 pm	University Hospital Llandough, Main Corridor
Wednesday, 25th October	12:00 pm - 2:00 pm	Barry Hospital, Main Corridor
Thursday, 26th October	12:00 pm - 2:00 pm	Cardiff Royal Infirmary, Conference Room, 2nd Floor
Monday, 6th November	12:00 pm - 2:00 pm	Woodland House, Nant Fawr 2, Ground Floor
Tuesday, 7th November	12:00 pm - 2:00 pm	University Hospital Llandough, Main Corridor
Wednesday, 8th November	12:00 pm - 2:00 pm	Riverside Health Centre, Community Room
Thursday, 9th November	12:00 pm - 2:00 pm	St David's Hospital
Wednesday, 15th November	12:00 pm - 2:00 pm	Barry Hospital, Main Corridor

# Further support for everyone

## Cultural Cwtsh

A suite of fun and stimulating online resources made by artists as support for the health care workforce in Wales, to assist on the recovery from the intense pressures of working throughout a pandemic. Offering an alternative, additional approach to supporting wellbeing and the wider package of resources that HEIW (Health Education Improvement Wales) is developing to support our frontline health care staff.

The Employee Wellbeing Service can provide support through counselling and signposting to other resources or services. Contact the Employee Wellbeing Service on 02921 844465 or email [employee.wellbeing@wales.nhs.uk](mailto:employee.wellbeing@wales.nhs.uk)

Canopi provide free mental health support to all health and social care staff working in NHS Wales. They can offer guided self-help, peer support, and virtual 1:1 cognitive behavioural therapy.

Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

Maximus offers a free, confidential service to any employee with mental health difficulties that affect their work. Call: 0300 456 8114 or email [atw@maximusuk.co.uk](mailto:atw@maximusuk.co.uk)

## Coming up in November

Next month's theme is Men's Mental Health Awareness.

If you are in crisis and do not feel you can keep yourself safe, contact your GP or the emergency services on 999 or 111.



PEOPLE HEALTH &  
WELLBEING SERVICE  
Occupational Health  
Occupational Physiotherapy  
Employee Wellbeing



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board