

People Health and Wellbeing

Mental Health Awareness - October 2022

Mental health is something which impacts all of us in one way or another.

- Research has shown that 1 in 4 adults experience mental health problems at some point during their lifetime.
- An estimated 822,000 workers are impacted by work-related stress, depression and anxiety every year in the UK.
- According to Champion Health, less than 1 in 10 employees are currently seeking support for their mental health.

What is being done about mental health?

- CAVUHB has its own **Employee Health and Wellbeing Policy**.
- **Time For Change Wales** is a campaign to end mental health discrimination. CAVUHB has signed the 'Time for Change' pledge to address the stigma around mental health.
- The Welsh Government's **mental health delivery plan 2019 to 2022** has been created in response to the impact COVID-19 has on mental health and wellbeing.



Physical Activity

Physical activity can be a great way to relax and unwind. There is a number of different ways you can do it. Whether that is going for a walk or jogging, doing some daily stretches or going for a swim.

You can find a number of different exercise videos and advice by scanning the QR code below which will take you to the 'Doing our bit' website which is a free online exercise platform for NHS staff.



Progressive Muscle Relaxation (PMR)

Muscle tension is commonly associated with stress, anxiety and fear as part of a process that helps our bodies prepare for potentially dangerous situations.

PMR helps to reduce muscle tension. During PMR exercises, you tense up particular muscles and then relax them, and then you practise this technique consistently.

When you are ready to begin, tense one of your muscle groups. Make sure you can feel the tension, but not so much that you feel pain.

Keep the muscle tensed for approximately 5 seconds.

Relax the muscles and keep them relaxed for approximately 10 seconds.

For a guided PMR session scan the QR code below:



Worry management/ Postpone you worry

A great way to get better control over your worries is by trying something called worry time. Below is a step-by-step guide on how to do it.

- Create a worry period: This time, place and duration should be the same each day (e.g. 6 pm, study, 20 min). Make this place unique and comfortable, free from distractions.
- During the day postpone your worry: Notice your worry and write it down. After that, return your focus to the present to help let go of the worry until the worry period.

Worry time.

- During worry time, re write all your worries from the day.
- Ask yourself questions about these worries such as:
- "Can I do anything about this today?" If yes take a small action, if no ask yourself can I do something about this tomorrow? If yes put it down for action tomorrow.
- Also, ask yourself if this worry going to matter next week/month/year etc. This can help put things into perspective.

For a worksheet to help you complete your worry time, scan the QR code below.



Box breathing

Box breathing, also known as square breathing, is a technique used when taking slow, deep breaths. It can heighten performance and concentration while also being a powerful stress reliever.

- Step 1: Slowly exhale

Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Focus on this intention and be conscious of what you're doing.

- Step 2: Slowly inhale

Inhale slowly and deeply through your nose to the count of four. In this step, count to four very slowly in your head.

Feel the air fill your lungs, one section at a time until your lungs are completely full and the air moves into your abdomen.

- Step 3: Hold your breath

Hold your breath for another slow count of four.

- Step 4: Exhale again

Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen.

Be conscious of the feeling of the air leaving your lungs.

- Step 5: Hold your breath again

Hold your breath for the same slow count of four before repeating this process.

For a guided recording on how to complete the box breathing exercise scan the QR code below:



The Five Ways to Wellbeing are:

- Connect (with others, friends, family, and colleagues)
- Take notice (of your surroundings, tastes, smells, textures)
- Give (kindness to others, holding the door open, baking cakes)
- Be active (walk to work, cycle, take 5 minutes on your break to walk in the park)
- Keep learning (develop your knowledge, ask questions, do courses of interest)

For more resources scan the QR code below:



Guided self-help (GSH) is a supportive approach for those experiencing symptoms of mild to moderate depression, stress and other related difficulties. GSH is based on cognitive behavioural therapy (CBT) approach. Clients work through self-help materials relevant to their specific problem on their own or with the guidance of a practitioner. During GSH you will learn skills which you will be able to apply to your everyday life.

To access some GSH resources scan the QR code:



Sleep

- Sleep is essential to humans, just like air, water and food.
- It recharges our batteries and makes it easier to cope with the day's stressors.
- It helps our minds and bodies develop; it repairs our tired bodies and sorts out our thoughts and memories.
- It boosts our wellbeing.
- It is important for general physical health, restoring energy, repairing injuries or illness, psychological well-being and mood, concentration, memory, work performance, and getting along with others.

Some Sleep Hygiene tips:

- **Get regular:** go to bed and get up at more or less the same time every day. This regular rhythm will make you feel better and will give your body something to work from.
- **The bed is for sleeping:** try not to use the bed for anything other than sleep and intimacy, so the body comes to associate the bed with sleep.
- **Get up & try again.** If you haven't been able to get to sleep after 20 minutes, get up and do something calming or boring until you feel sleepy, then return to bed and try again.

- Repeat this step again and again if you have to.

-So, you have 20 minutes each time to get to sleep. If you don't - it's back to the living room.

- **No naps:** You may want to nap during the day to catch up on lost sleep. Don't do it. Save the sleep for bedtime
- **Get up early each morning:** Get up no later than 8.30 am. Set the alarm and as soon as it goes off, get up and out of the bedroom.
- **Sleep rituals:** You can develop your own rituals to remind your body that it is time to sleep - some people find it useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- **Sleep when sleepy:** only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.

Silvercloud:



CCI - Sleep
Hygiene.



Headspace



October Wellbeing Workshops

Menopause Awareness Workshop



Tuesday 4th October
1pm - 3pm

Wellbeing Conversation Workshop



Friday 7th October
09:30am - 10:30am

Introduction to Compassion and Self-Care



Tuesday 11th October
1pm - 3pm

Long Covid Peer Support group



Monday 17th October
1pm - 2pm

October Wellbeing Workshops

Managers Q&A



**Wednesday 19th October
1:30pm - 3pm**

Introduction to Assertiveness



**Friday 21st October
09:30am - 11:30am**

Menopause Cafe



**Monday 24th October
1pm - 2pm**

Stressed Risk Assessment



**Tuesday 25th October
1pm - 3pm**

For more information about up and coming workshops visit our Eventbrite page by scanning the QR code below:



Information Drop in session:

Monday 10th October
Mental Health Awareness Drop in - HIVE (UHW) & Online
(Scan QR above)
09:30am - 10:30am

Monday 10th October
Riverside health centre
12:00pm - 2pm

Tuesday 18th October
World Menopause Day Drop in - HIVE (UHW) & Online
(Scan QR above)
11:30am - 12:30pm

Friday 28th October
Barry Hospital - Mary Lennox room 2
12:00pm - 2pm

**For more information regarding our workshops
or drop ins you can find more on our twitter page
or by scanning our website QR code:**



@EWS_CAVUHB



 **EWS Website**

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, guided self-help and signposting to other resources or services. Contact the Employee Wellbeing Service on 02921 844465 or employee.wellbeing@wales.nhs.uk

Canopi offers a free, confidential service that provides mental health support to NHS and social care staff working in Wales.

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

Remploy offers a free, confidential service to any employee with mental health difficulties that affect their work. Call: 0300 456 8025 or email waleswhp@mail.www.remploy.co.uk

Coming up in November

Our November newsletter will focus on Stress Awareness and ways to manage stress.

