

People Health and Wellbeing

Making positive steps for the new year.

January 2023

The new year is here and that can mean a number of things for different people. You may have decided that your new year's resolution is to focus on your physical and mental wellbeing.

On the next few pages, we will give you some top tips on how to start your new year of on the right foot.

Dry January

Healthy Eating

Mindfulness

Ways to improve your
physical and mental
wellbeing.

**Five Ways to
Wellbeing**

**Regular
Exercise**

**Worry
Management**

Dry January

Dry January® is the UK's one-month alcohol free challenges which has been found to help millions reset their relationship with alcohol every year as well as improving sleep, energy levels as well as your mental health and concentration level.

Dry January ® has created the free Try Dry app to support people to have the best possible month.

If you would like to download the app you can do so by scanning the QR code below.



Try Dry app - Apple store



Try Dry app - Google play store



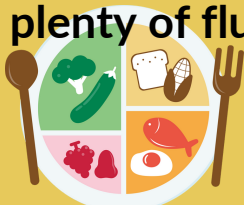
DRY JANUARY®

Health eating

Starting the year with a balanced diet, can help you in a number of ways both physically and mentally.

Here are some top tips of eating a healthy balanced diet.

- Eat at least 5 portions of fruit and veg a day
- Base meals on high fibre starchy foods (bread, rice, potatoes or pasta)
- Have dairy or dairy alternatives
- Eat some beans, pulses, eggs, fish, meat or other proteins.
- Choose unsaturated oils and spreads and eat them in small amounts.
- Drink plenty of fluids.



Five ways to wellbeing

- 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)

The Five Ways to Wellbeing are:
For more resources 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. 6pm, 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



Mindfulness

Mindfulness can be described as paying attention to what we are experiencing in this moment and doing so with a particular attitude: one of curiosity, openness, acceptance and warmth.

By becoming more aware of the present moment, it can help us enjoy the world around us more and understand ourselves better.

It can help us feel calmer and less stress. You can practice mindfulness by:

- Taking a seat
- Set a time limit
- Notice your body
- Feel your breath
- Notice when your mind has wandered and refocus
- Be kind to yourself

If you would like some more information on mindfulness or some guided meditation you can scan the QR codes below:



What is mindfulness?



Headspace guided meditation

Financial Pressures/ Worries

The New Year can also bring a lot of financial worries and pressure.

CAVUHB is aware of these difficulties and have created a page focusing on financial wellbeing and cost of living support which has a range of information including:

- Managing debt
- Staying warm
- Eating well on a budget
- Pensions and retirement information
- Staff benefits and discounts

Along with a lot more.

For more information scan the QR code below:



**Financial Wellbeing &
Cost of Living Support**

Regular Exercise

Regular exercise and a balanced diet can have enormous health benefits now and in the future. Being more physically active can be easy and inexpensive.

Physiotherapists recommend 30 minutes of exercise at a moderate intensity, five times a week. This exercise can range from vacuuming and bowling, to walking, digging in the garden and jogging.

There are lots of ways you can fit more physical activity into your day:

- **Walking:** take a brisk walk for as long as you can – 30 minutes is a good target to work towards.
- **Dancing:** turn up your favourite tunes and dance around your home!
- **At work:** take the stairs instead of the lift when you can and do some desk-based stretches and exercises
- **Housework:** turn chores into a workout by speeding them up or being more energetic

Setting yourself some goals, making sure you've got the right kit and keeping a positive attitude are all key to maintaining your exercise routine.

By taking regular exercise, you will gain enormous benefits for your overall health, now and in the future.



January Wellbeing Workshops

Introduction to Assertiveness



Friday 6th January
09:30am - 11:30am

Menopause Awareness



Monday 9th January
1pm - 3pm

Low mood



Friday 13th January
09:30am - 10:30am

Stress Risk Assessment for managers



Friday 20th January
09:30am - 11:30am

January Wellbeing Workshops

**Long Covid Peer
support group**



**Monday 23rd January
1pm - 2pm**

**Wellbeing
Champion Training**



**Tuesday 24th January
12pm - 4pm**

Menopause Café



**Monday 30th January
1pm - 2pm**



January Drop ins.

Dates and Times:	Location:
Tuesday 10th January - 09:00am - 4pm	UHW (Hive)
Monday 16th January - 11am - 2pm	UHW (Hive)
Wednesday 25th January - 1pm - 4pm	Butetown medical center

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



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

Maximus offers a free, confidential service to any employee with mental health difficulties that affect their work. Call: 03004568114 or visit <https://atw.maximusuk.co.uk/>

Coming up in Febuary

Our focus will be Time to Talk day



PEOPLE HEALTH & WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing
Health Intervention



GIG
CYMRU
NHS
WALES

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



Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board
Rhwydwaith LHDTC+
LGBTQ+ Network



Rhwydwaith Anabledd
Access Ability Network



OnevoiceCAV@wales.nhs.uk