Employee Health and Wellbeing

Focusing on sleep - March 2021

Sleep Awareness Week will take place between 14th - 20th March. Many people have found that their sleep has been affected during the COVID-19 pandemic - this is a normal reaction to stressful circumstances and events that we are experiencing. In light of this, one of this month's wellbeing workshops will be a Sleep Q&A session. Find out more below.

Tips for improving sleep

If you want to improve your sleep, you may find the following tips helpful.

1) Stick to a sleep schedule

2) Pay attention to what you eat and drink: limit caffeine intake, keep a balanced diet. Try to time your meals so that you're not hungry or full at bedtime.

3) Create a restful environment and only use your bed for sleeping and intimacy.

4) Limit daytime naps to 30 minutes at most.

5) Include physical exercise in your daily routine.

6) Manage your worries, for example by jotting them down before bedtime or using guided meditation.

Silvercloud provides an online CBT-based interactive course for NHS staff, with topics including sleep and stress.

Wellbeing Workshops

Introduction to Assertiveness

1pm - 3pm, Friday 5 March

Q&A for managers

10am, Monday 8th March

Introduction to Compassion and Self-Care

9.30am - 11.30am, Tuesday 9 March

Sleep Q&A

1pm - 2pm, Friday 19 March

Stress Risk Assessment for Managers

9.30am - 11.30am, Tuesday 23 March

Stress Risk Assessment for Managers

9.30am - 11.30am, Tuesday 30 March

News and resources

Free access to a range of mental health apps has been made available for NHS staff until 31 March 2021. If you or one of your colleagues would like support with managing stress and anxiety, building resilience, aiding better sleep, or taking a moment to be mindful, please find out more here.

Confidential mental health wellbeing support remains available through our partnership with Remploy. The service gives employees access to practical expert advice and support over a period of nine months, helping them to stay in work if they're struggling with their mental health or to support their return from absence.

Find out more or book an appointment by emailing your name and phone number to Remploy, stating that you're a member of Cardiff and Vale UHB staff to: chris.kingsbury@remploy.co.uk and bethany.kimberley@remploy.co.uk.

Members of staff can still access free fitness sessions through the #DoingOurBit online platform. You can access the #DoingOurBit platform and register for free using your NHS email address here.

Wellbeing drop-in sessions are available for all staff every Tuesday at 3pm and Friday at 11am. Find out how to join the virtual sessions here.

Further support

Sleep problems might be a sign that you are struggling with your mental health. The following support is available if you need it.

The Employee Wellbeing Service can provide support through counselling, guided self-help and signposting to other resources or services. In addition to telephone appointments, we are now offering video call appointments using the 'Attend Anywhere' platform. Call 02920 744465 or email employee.wellbeing@wales.nhs.uk to refer yourself.

Health for Health Professionals Wales are providing free mental health support to all Health Professionals and Healthcare Students working in NHS 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

C.A.L.L is a mental health helpline, offering a confidential listening service. The service is open 24 hours a day, 365 days year. You can call 0800 132 737 or text help to 81066.

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.

EHWS
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Occupational Health
Occupational Physiotherapy
Employee Wellbeing

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