

# People Health and Wellbeing

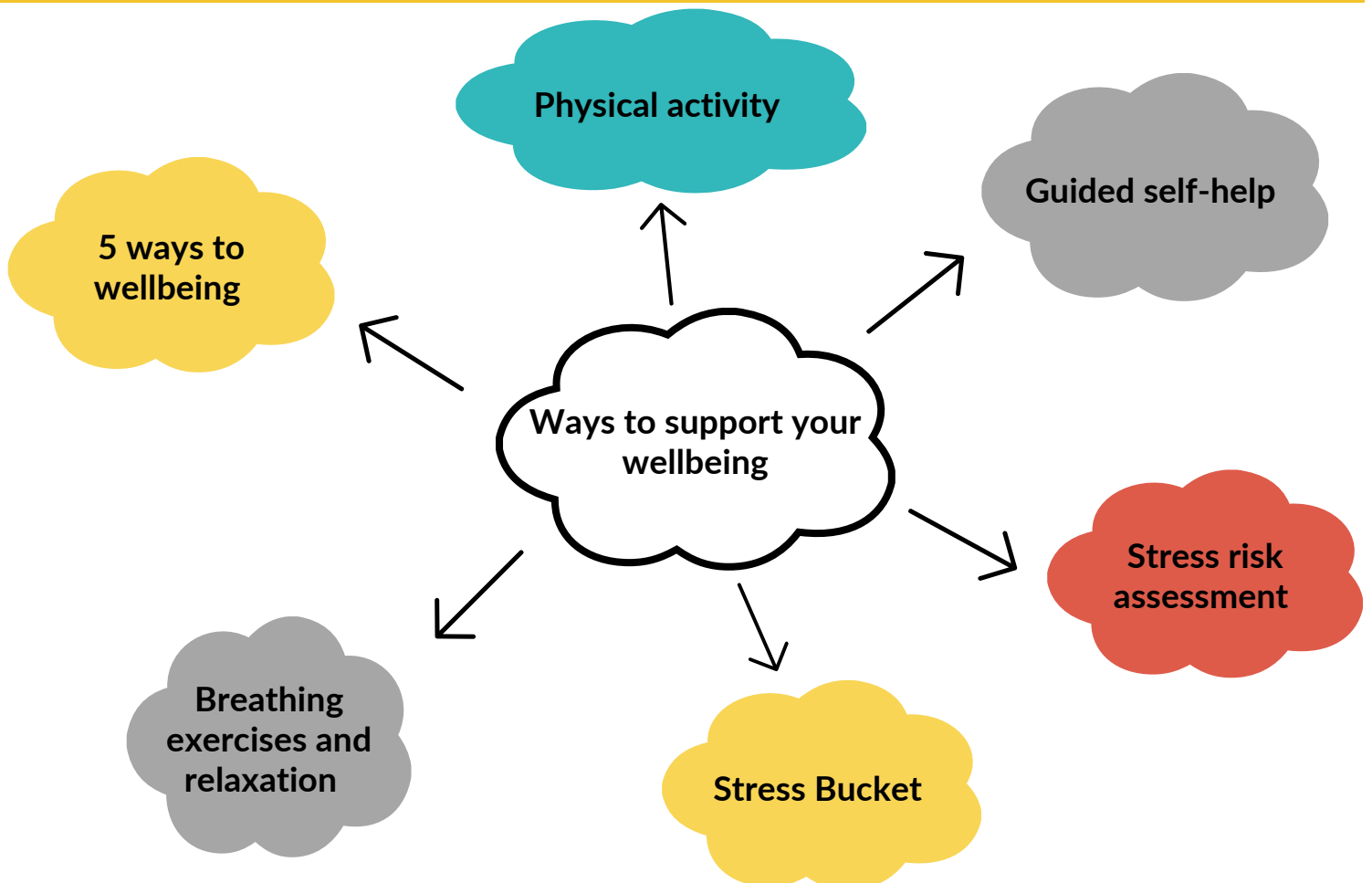
## Stress Awareness - November 2022

### What is stress?

Stress is the body's reaction to perceived threats or pressure. Stress is very common and can help motivate us to pursue our goals and meet the demands of everyday life. However, too much stress can impact our mental health and physical health.

### Signs of stress:

In an individual	In a group
<ul style="list-style-type: none"><li>• Disappointment in ones self</li><li>• Loneliness</li><li>• Fatigue</li><li>• Poor memory</li><li>• Mood swings</li><li>• Change in attendance</li><li>• Change in eating habits</li></ul>	<ul style="list-style-type: none"><li>• Disputes and disaffection within the group</li><li>• Increase in staff turnover</li><li>• Increase in complaints and grievances</li><li>• Increased reports of stress</li><li>• Poor performance</li><li>• Increased sickness absence</li><li>• Increased reports of stress</li></ul>



## **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)**

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:



## **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 a NHS page which looks at the benefits of exercise.



## **Stress risk assessment**

If you feel your stress is work-related, you may wish to ask your manager to conduct a stress risk assessment with you. A stress risk assessment is an opportunity to discuss possible ways to reduce your risk of stress in work. If you are a manager who would like to learn more about conducting a Stress Risk Assessment, you can attend one of our stress risk assessment for managers workshops.



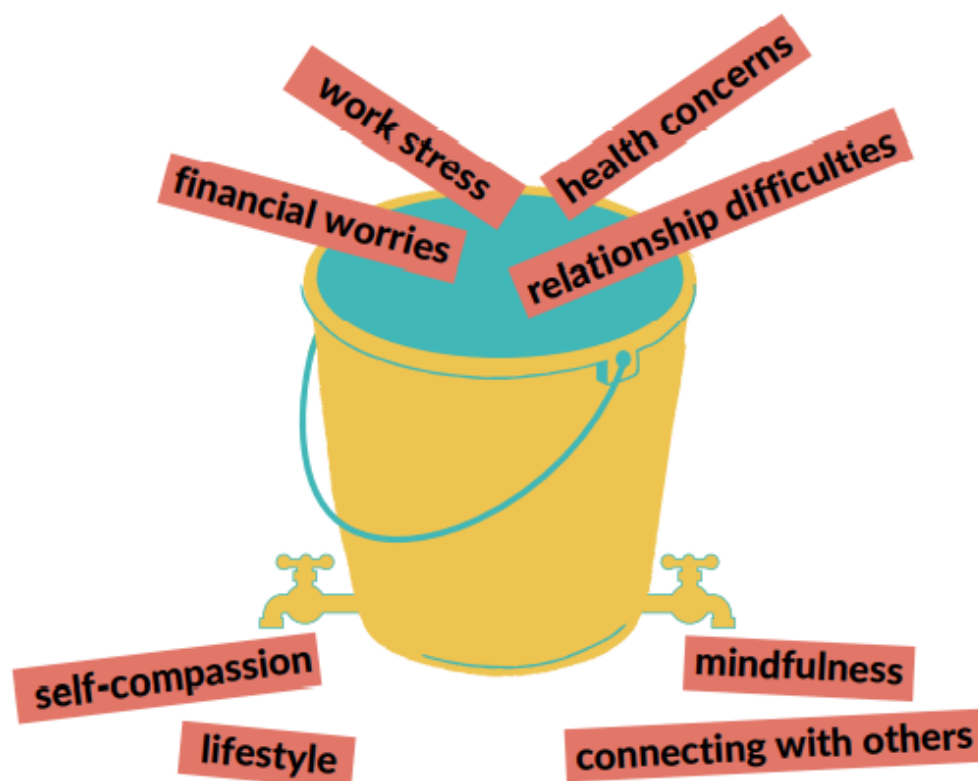
## The Stress bucket

One way to think about how to manage the build-up of stress in our lives is the stress bucket metaphor.

Imagine you have a bucket that you carry round with you which gradually fills up when you experience different types of stress. If you are experiencing a high amount of stress, the bucket will soon fill up.

The size of the bucket varies from person to person and can change on a day-to-day basis. Some days, you might feel overwhelmed by everything, and on other days you may feel more able to cope. Sources of stress can include finances, work, relationships, and life events.

As you can see from the diagram below, the stress bucket has several taps at its base. The taps are different ways we can let stress out of the bucket so that the bucket doesn't overflow. The taps represent the activities you can do to help to relieve your stress, for example, meditation, exercise and connecting with others.



## Breathing exercises :

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it by standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with your palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again if you find this helpful.
- Keep doing this for at least 5 minutes.

For more guided breathing exercises please scan the QR code:



# November Wellbeing Workshops

## Menopause Awareness Workshop



Tuesday 1st November  
1pm - 3pm

## Stress Management Workshop



Friday 4th November  
1pm - 2pm

## Stress Risk Assessment for Managers



Tuesday 8th November  
09:30am - 11:30am

## Mindfulness drop-in



Wednesday 9th November  
12pm - 12:30pm

# November Wellbeing Workshops

## Wellbeing Champion Training



Tuesday 15th November  
12pm - 4pm

## Introduction to Assertiveness



Friday 18th Novemeber  
1pm - 3pm

## Managers Q&A



Monday 21st November  
10am - 11:30am

## Long Covid Peer Support Group



Monday 21st November  
1pm - 2pm

# November Wellbeing Workshops

**Introduction to  
Compassion and Self-Care**



**Tuesday 22nd November  
1pm - 4pm**

**Introduction to  
Mindfulness**



**Friday 25th November  
1pm - 2pm**

**Menopause Cafe**



**Monday 28th November  
1pm - 2pm**



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



**Information Drop in session:**

**Friday 11th November  
Whitchurch Hospital  
12pm - 2pm**

## Financial Wellbeing and Cost of Living Support Roadshow

<u>Date and Time</u>	<u>Venue</u>
Monday 7th November 9am - 5pm	University Hospital Wales (UHW)
Tuesday 8th November 9am - 5pm	University Hospital Llandough (UHL)
Wednesday 9th November 9am - 5pm	Cardiff Royal Infirmary (CRI)
Thursday 10th November 9am - 5pm	Barry Hospital
Friday 11th Novemeber 9am - 5pm	St. Davids Hospital

For more information regarding the roadshow please email:  
[karen.l.vaughan@wales.nhs.uk](mailto:karen.l.vaughan@wales.nhs.uk)

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](mailto: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](mailto:waleswhp@mail.www.remploy.co.uk)

## Coming up in December

In December, our newsletter will focus on staying well over the festive period.



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



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol 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



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