

Wellbeing and Resilience

We've learned lots having been put in at the deep end to deal with a global pandemic whilst also undertaking many other important caring responsibilities. We're constantly learning and adapting fast which brings with it many successes, new experiences, fun times and advantages as well as the all too obvious challenges, difficulties, worries and frustrations.

This practical and insightful session will bring people together to share ideas, experiences and best practice with one simple aim... to support each other in maintaining our wellbeing and mental health whilst building resilience during these uncertain times.

This session will leave you with ideas to try and a renewed sense of energy and confidence having explored several techniques, including mindfulness and gratitude as well as how to manage your stress levels.

Participants will:

- ▶ Identify what causes your stress and five steps for building resilience
 - What you already do well
 - The physical signs of stress
 - Ideas to help reduce stress and build resilience
- ▶ Explore Mindfulness
 - What it is
 - Simple techniques you can try out
 - Ideas for further exploration
- ▶ Understand the benefits of working with your thoughts
 - Notice how they affect wellbeing
 - What to do about negative thinking
- ▶ 'Know your Chimp'
 - Notice our own 'Chimps'
 - Explore some strategies to help bring them under control
- ▶ Discover the power of 'Gratitudes'
 - How they can have a massively positive effect on happiness
 - The power of naming emotions

Before attending:

(We'll be using the outputs of this work during the session, so we ask participants to:)

1. Note down 3 words that would describe how you feel about the current working situation (whether that's working remotely or on the front line). These can be positive, challenging or neutral – try to be as honest and descriptive as possible.



2. Identify your main challenges with the current situation and what you have been doing to overcome these.
3. In the 3 days prior to attending this session, note down things that other people have done that you're grateful for. (Workplace examples). It may include things that others have done that have made you smile or laugh, things that have helped you out, made your life easier etc. Whatever it is they've done – you're grateful and there is no limit on how many things to make a note of.

Session length: 2 hours

