We all need help and skills to cope with the pressure of work and the continuing impact of Covid

***THINKING PITSTOPS* Training**

**Tues 5th Oct 1300-1700 or Thurs 21st Oct 0930-1330 or Wed 3rd Nov 0930-1330**

Enrol now for funded, online training in one of the most useful brief methods that NHS workers can use to look after themselves and each other.

***Thinking Pitstops*** was created at the start of the pandemic by one of the UK’s foremost coaches as a quick, practical and supportive intervention to help NHS workers think more clearly under pressure. ***Thinking Pitstops*** training will show you how to pause your day to Think under Pressure for yourself and how to help a colleague do likewise. Using it on your own takes only 8 minutes and facilitating a colleague only 12, so this is a very practical way of decompressing from stress even in the busiest of days.

Somerset has invested in providing training in ***Thinking Pitstops*** across the whole health and care system and after initial take-up by Secondary Care and the County Council we can now offer dedicated training to everyone working in each of the four sectors of Primary Care - general practice, dentistry, optometry and pharmacy. **This offer is for everyone - clinical, management, administration and reception -** **whatever your role in primary care general practice, dentistry, optometry and pharmacy, this training is for you.**

***Thinking Pitstops*** training is a four hour online session which will enable participants to straight away help themselves and offer supportive intervention to colleagues. We are also funding additional training for those who want to become more accomplished in using ***Thinking Pitstops*** or be involved in the future training and development of others.

What people working in healthcare are already saying about ***Thinking Pitstops***

* *An opportunity to listen to yourself and untangle thoughts and emotions.*
* *A mental re-charge*
* *An amazing opportunity to download and decompress*
* *Being on the receiving end of a thinking Pitstop allowed my mind to perform on a different level!*

Using ***Thinking Pitstops*** will help you feel better, think more effectively, and enjoy work more. Every primary care practice will benefit from having some people trained so, whether you want to do the training yourself or have members of your team do it:

**To book places on any of the three sessions - please email** **Heidi.moule1@nhs.net**