



Brief Wellbeing Briefing

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Pastoral Care for Front Line Support

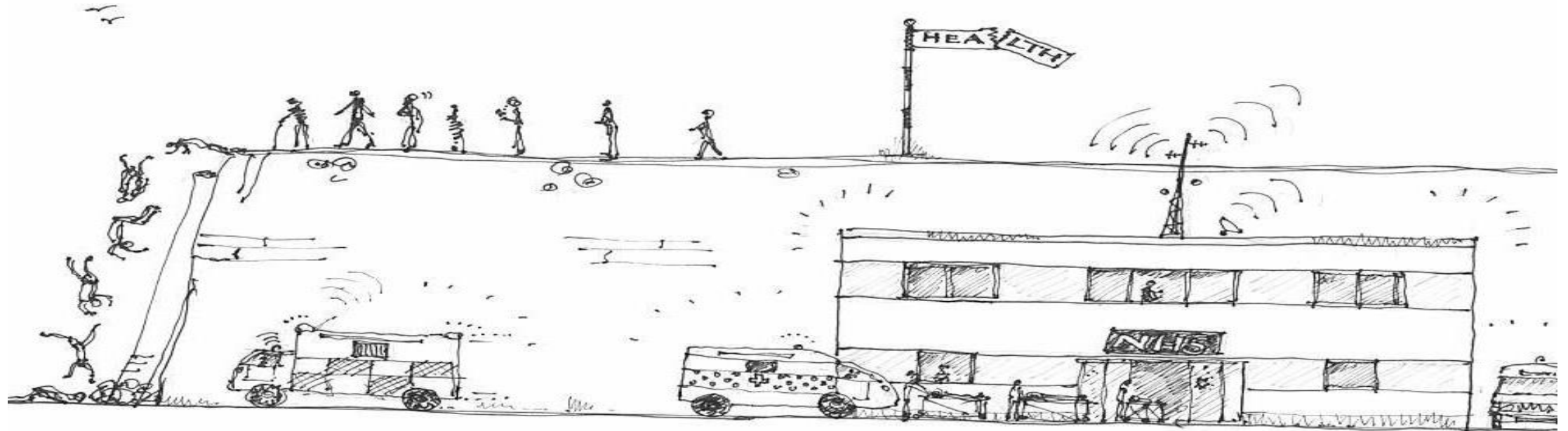
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Journey of Health of Workforce

- 2000 What is that?
- 2010 A good idea (Hidden Patients) (but no resources)
- 2020 OMG - they're knackered and leaving - what can we do?
- 2030 Wellbeing of workforce embedded into training, recruitment, job plans, and daily work and interactions. 'wellbeing hour' accepted widely. Proactive approaches by (nearly) all to physical, mental and emotional wellbeing

Health is not by Accident



Somerset CCG Pastoral Care Cell


- April 2020 commenced
- Summer 2020 developed partnerships across 'ICS' system including care homes, LARCH etc as well as Primary and Secondary Care
- Key stakeholders - many - including SFT Consultant Clinical Psychologist with clear vision and strategy for pandemic, YDH, pharmacy, primary care and others, inc EDI
- Resource matrix
- Somerset Emotional Wellbeing Podcasts

Bids... Resilience Hub

- Colleague support line (3FTE, hosted by SFT), thinking pitstops, podcasts, website
- www.somersetemotionalwellbeing.org from May/June 2021
- <https://somersetemotionalwellbeing.castos.com> nearly 40 now, over 8000 listens, producer David Sealey, hosts Andrew Tresidder and Peter Bagshaw




Bids... Enhanced Occupational Health and Wellbeing

- Band 8 Lead, administrator and training lead
 - 14 around country - all different
 - Shiny Minds App
 - REACT Mental Health training
 - Emotional Logic
 - Other initiatives
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Bids... Primary Care Resilience


- In progress
 - Sector Leads discussion
 - Thinking Pitstops
 - Emotional Logic
 - Connect Five training
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Thinking Pitstops

- Crucial strategic pauses that facilitate Performance Thinking Under Pressure
- Introduction, safety check, body decompression, mind decompression, exit check
- Off again! Takes 10-12 mins – if both trained, can do a reciprocal in 20 mins (first one with intro 30 mins)



What people have said about Thinking Pitstops

- An amazing opportunity to download and decompress
 - Being on the receiving end of a thinking pitstop, it seemed to allow my mind
 - to perform on a different level! The same mind which had been ruminating over this problem for weeks, seemed 'magically' empowered and freed to think creatively.
 - Very useful short interventional process to reboot a busy healthcare professional
 - A useful way to pause and re-orient one's compass when barrelling on through work and life
 - A short burst of thinking space to help a busy person in difficulty to solve issues through facilitated personal reflection.
 - An opportunity for listening to yourself and untangle thoughts and emotions.
 - A mental re-charge
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Autonomic Nervous System

- Parasympathetic
Rest and Digest, Chill and Repair – or Freeze
- Sympathetic
Fight and Flight
- Adrenaline, fear based neurotransmitter, shuts down Parasympathetic
- Dry mouth, sweaty palms, raised heart rate and blood pressure, butterflies in stomach, anxiety, ready for action, tunnel vision and threat/task focus

Exercise of inner stillness – The Bank of Health

- Diaphragmatic breath
- Spine comfortable, feet flat on floor
- Three relaxed breaths
- From inner stillness comes effective action...

BODY

headaches
breathlessness
muscular twitches
raised blood pressure
frequent infections
skin irritations
fatigue

MIND

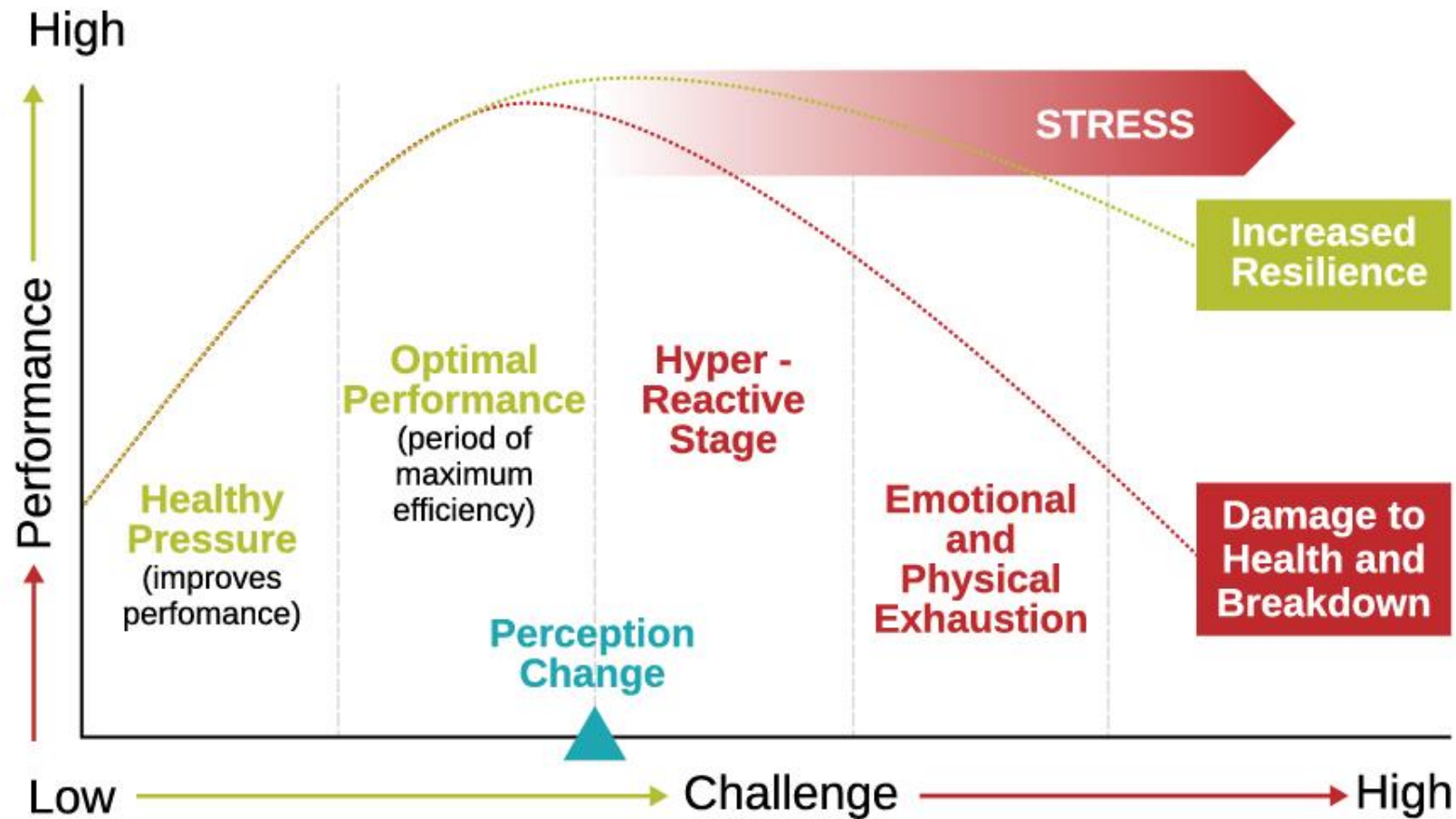
nightmares
hasty decisions
impaired judgement
muddled thinking
negativity
indecision
worrying

EMOTIONS

anxiety
more fussy
irritability
loss of confidence
alienation
depression
apathy

BEHAVIOUR

insomnia
restlessness
increased smoking
increased alcohol
chaotic lifestyle
reduced eating
loss of libido



THINKING PITSTOPS™

When being able to think clearly under pressure matters, a Thinking Pitstop is one of the most effective ways of achieving clear thinking in only 10 minutes. Try it for yourself to feel the difference.



WHY?

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Under pressure, the fight-or-flight response allows us to cope with stress. Great for short bursts of physical energy, adrenaline is not very useful to help our minds think clearly. Over time, it can lead to anxiety and burnout. Thinking Pitstops can counteract this.

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By providing peer-to-peer support, they work to promote peak performance at any time.

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WHAT?

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A deceptively simple intervention to release stress and pressure quickly and safely, based on the science of performance used in professional sport. One Thinking Pitstop only takes ten minutes (15 the first time) and can be done remotely, or in person.

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Useful as a one-off, or a regular chance to focus and recharge.

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HOW?

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Thinking Pitstops act like a safety release valve. They let out bodily tensions, fears and frustrations and set our minds free to do what minds do best... clear thinking about what matters most to us at any given moment. No two sessions are the same.

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Try it for yourself by booking your first session today. You may find that your thinking is transformed.

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Any Questions?

Thinking Pitstops soon to be available on SEW website (need to train more people within CCG too, and give resources in daily work to deliver and receive!)

How could you apply this in your workplace?

- Thankyou
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- www.healthandself.care