



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

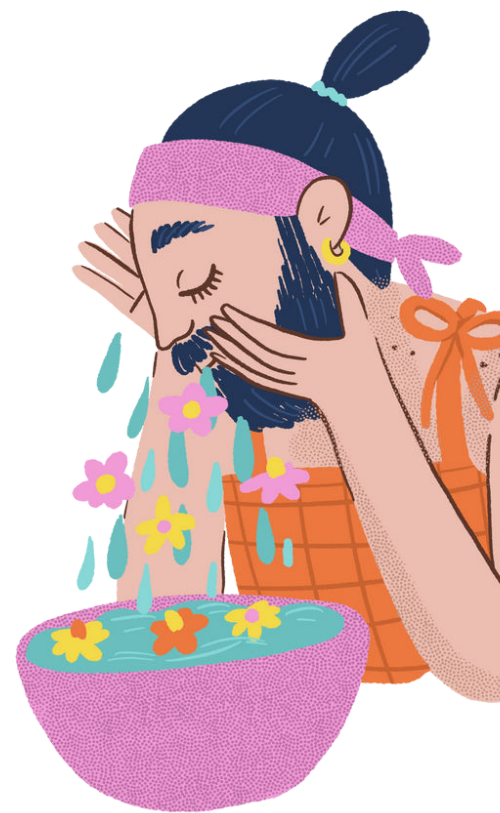


NHS Winter Wellbeing Toolkit





5 Steps to Wellbeing this Winter



01

Stay Active

Physical Activity can really help with keeping your mood positive - whether you like walking cycling, playing football or more.

03

Get Enough Sleep

Sleep is vital for our wellbeing.
Try not to skimp on it.

04

Aim for Regular Meals

Keeping a healthy routine, with plenty of water, fruit and veg if you can, will help keep stress at bay. Try whatever's realistic for you and be kind to yourself if you have 'off' days.

05

Stay supported

It's easy to feel lonely in winter when we're bombarded with images of happy families.
Stay connected to your sources of support.

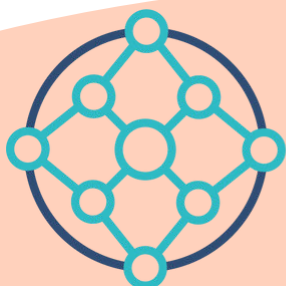
06

Give Yourself Space

If it's all getting a bit hectic, take time out to be in nature, listen to your favourite music, read an uplifting book - or just be in the moment.



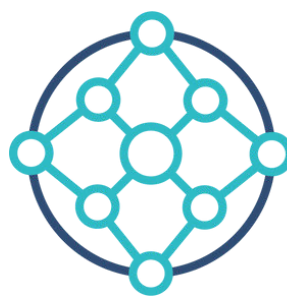
Charlie Waller



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Leadership, and engagement and the role of wellbeing guardians



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Important to look after wellbeing as winter period begins.

Encourage flu vaccine and covid boosters.

Practice self care and take time out for yourself whether this is physical activity, learning, mindfulness or end of day reflection.

Range of preventative measures can be taken to stay well. Very important to have wellbeing conversations with your line manager regularly so support can be provided as early as possible.

Access listening rooms hosted by our HWB champions to talk about any issues, access wellbeing information or for signposting. We will also be running more themed listening rooms such as menopause and black history month and these were very well received.

Encourage all staff to access wellbeing initiatives and the support provided; such as coffee and chat sessions, Christmas quiz/jumper day/mince pies

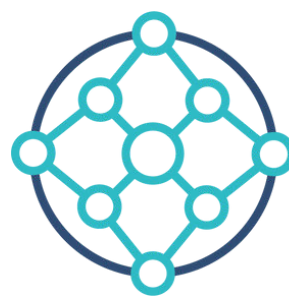
If feel comfortable can share a couple of examples of what you do for your wellbeing.

Important for every colleague to have wellbeing conversations and regular check-ins. Equally important for us to recognise when colleagues are in need of mental health first aid. We have mental health and wellbeing conversations training available to staff.

Talk to your managers or peers or champions if you need support.

Encourage regular annual leave breaks

Prioritise health and wellbeing conversations and opportunities for peer support



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Training to have effective health and wellbeing conversations

[Click here to book](#)

Health and wellbeing conversations are a great way of identifying any issues and supporting staff with them as early as possible. These conversations are a great opportunity to discuss the whole wellbeing of individuals ie social, physical, emotional, etc and to provide support and regularly monitor in partnership with line managers (in most cases).



Click here to watch two of our wellbeing champions, Nikki & Jayne talk about our Wellbeing conversations training

The ICB recommended having wellbeing conversations on a monthly basis which could be part of a one to one, appraisal or standalone, providing a regular touchpoint with time dedicated to discussing an individual's wellbeing. The conversations should be one to one coaching style discussions with enough time set aside.

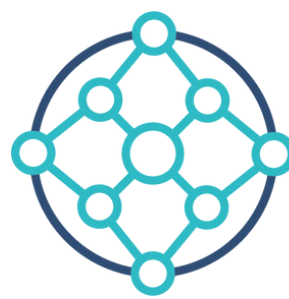
Wellbeing Drop-in sessions for Practice Managers and Wellbeing Champions for promoting wellbeing in Practice.

Take some time out of your role, for yours and your colleagues self care. Come and join us for a 45 minute drop in session to share best practices and ask questions.

[Click here to book](#)



Protect rest breaks and provide access to good quality rest areas



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Role model and give 'permission' to staff to access wellbeing initiatives and support provided

Consider festive staff activities, examples include;

- **Christmas jumper day**
- **Christmas quiz**
- **Mince pie's break**

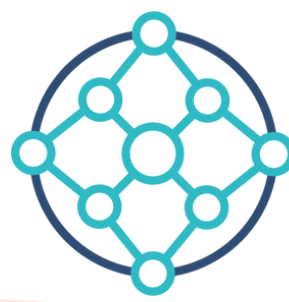
Effective time management, building in breaks.

Consider a break as a gift in your team diary

Encourage staff to take regular annual leave breaks

Line managers can monitor their teams annual leave usage

Invest in reflective practice and study leave



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Continue to share developmental opportunities with staff reflective activities such as a 10 minute pause, end of day reflection

End of day reflection is a great wellbeing activity. It enables closure from your days activities, relaxation and fundamentally, reflection from which we can learn and grow.

Here is some question you can use in your self reflection:

What went well today?

How many times did I feel happy today, where did those moments come from and how can I have more of them?

What didn't go well today and what mistakes do I not want to repeat in terms of my behaviour or thought patterns?

What did I learn about myself from what went well and what didn't go well? What clarifications did I get about who I am, who I am not, and who I want to be?

Did today matter? If today was my last day, would I be happy with how I lived it?

What is one word you'd use to describe today?

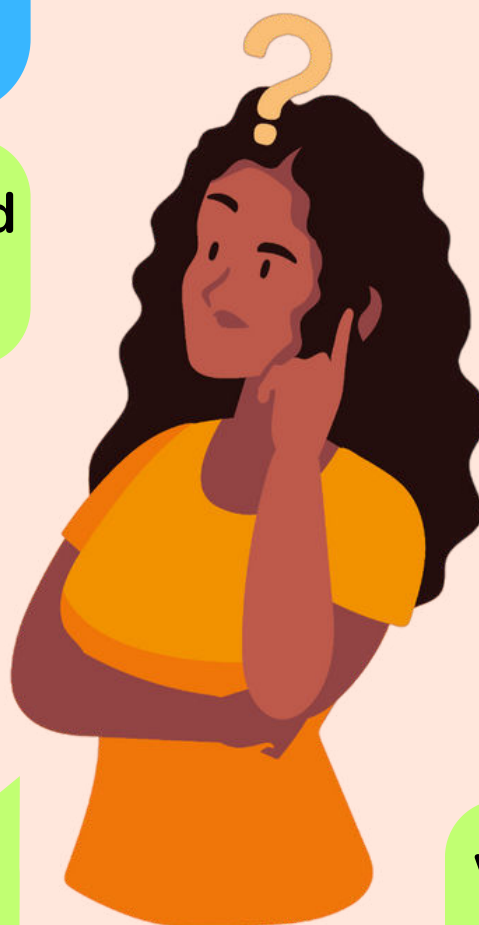
How was today different to yesterday?

Where can I send some healing love to someone or somewhere in the world?

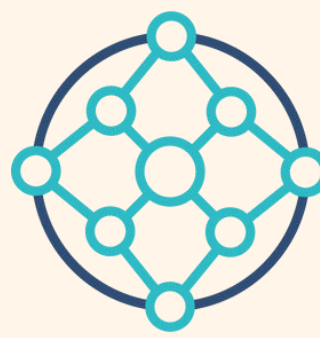
What 10 things am I grateful for in myself?

How can I make tomorrow better?

Who can I forgive and what can I let go of?



Coaching facilitated by someone else, is another way to become more self aware and explore strategies to help you grow. Follow [this link](#) to access to immediate coaching!



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Peer
wellbeing
sessions

Individual
coaching for
managers and
team leaders

Virtual team
away day

Coaching
about you
and your
career

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