

365



Little book of

wellbeing




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365



Helloooo!



Here at family run
Wellburn we make
a bit of a fuss over
wellbeing.

We always encourage
ourselves and those
around us to dedicate
time towards its
upkeep.

Of course I also appreciate that in today's busy world, with so much noise, it's easy when prioritising and planning all life has to throw at us, to allow wellbeing to simply slip down the list on our priorities, especially in a work setting.

Which is why we've made it one of our top priorities to make sure we have a robust and thorough wellbeing strategy, and that we're taking care of you and your colleagues.

This Little book is just one of many wellbeing initiatives we have, and it's packed full of useful hints, tips, info and has a fun diary exercise at the back, to put all of it into practice. Read it, interact with it and I hope you find it useful.

Rachel x

Rachel Beckett
Chairman

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Stuff we might all be struggling with.

Did you know?

1/3

of all people with a mental health problem have sought no professional help at all.

27%

of adults have been diagnosed with a mental health condition.

Emotions

Emotions are strange things to talk about, especially when it's something you haven't felt before, or you are experiencing lots of emotions at one time.

Although there are plenty of positive emotions you could be feeling, it's often the more negative emotions that can have negative effects on your wellbeing.

It can be easy to ignore these negative feelings and push them to the back of your mind, but dealing with them head

on can make it easier to overcome. Remember you are not the only one going through these feelings, it's completely normal to be going through changes and pressures when it comes to our mental health.

wellbeing Top tip

Limit your news intake if it's causing stress or anxiety. Switch to your favourite film or binge on a TV series!

wellbeing Top tip

Keep in touch with those who matter to you, such as friends and family, via social media, email or phone.

Feeling anxious

Anxiety can make you feel uneasy, and make you worry or fear a situation. We can all feel anxiety from time to time especially in environments that are out of the ordinary.

Feeling overwhelmed

When things change suddenly or a lot happens in a short period of time, whether it's at work or a change in your personal life, you can start to feel overwhelmed. Whatever the reason is, it's important to know there are things you can do to overcome them.

Feeling guilty

Guilt can come in lots of shapes and sizes. Whether you have made a mistake or regret doing something, it's a normal feeling, and there are lots of ways that can help you deal with it.

Feeling grief

Although working in care is very rewarding, there are parts of the job that are a lot harder to deal with. Whether it's the loss of a person, loss of a friendship or loss of health, grief can be very difficult to deal with, but it's important to be patient and kind to yourself during this time.

Did you know?

44%

of work-related illnesses are caused by stress, depression or anxiety.

1 in 6

adults experience a common mental health problem such as anxiety or depression.

How can we help improve our wellbeing?

Looking after yourself

Many of us, especially those that work in care, spend a lot of time making sure others are healthy and their wellbeing is thriving. We do this for family, friends and loved ones too, but can you honestly say you give yourself the same love and attention?

Loving and looking after yourself is vitally important to both our physical and mental health, and there are lots of simple easy steps you can take. Here are a few of our top tips.

Eating well

It's so easy to skip a meal when you're rushing around during a busy day, but skipping meals can have a hugely negative impact on both our physical and mental wellbeing.

Being hungry can cause us to be more irritable, confused and reduce our energy levels. So always make sure you take time out of your day to refuel, by

eating the right stuff at the right times.

Positive thinking

Sometimes, we can be our own worst enemy, and not everyone finds it easy to constantly be that glass half full person. Making small changes can make a significant difference when added up though.

Start small, find one positive thing about your day, maybe you like your outfit or you did good at work - whatever it is, take a moment to congratulate yourself.

The more positive you are, the better your outlook.

wellbeing Top tip

Taking a walk outside is scientifically proven to reduce negative thoughts and boost self esteem

wellbeing Top tip

Something so simple as reading can help you feel better. Reading can reduce levels of stress by 67%

Track your goals

Writing down what you'd like to improve when it comes to your physical and mental wellbeing can help you to clarify your thoughts and feelings. Try keeping a journal for a few weeks and note down things you'd like to change and what positive steps you could take. We've included a one week diary on page 14 to get you started.

Take time for yourself

Taking time for yourself is so important when it comes to improving your wellbeing. Ensure you are finding time in your day to do something you love, whether that's talking to a friend, taking a bath or

reading a book. Whatever it is, it's super important to give our brains time to switch off and recharge.

Staying active

Whether it's a run or a walk to the shops, stretching your legs and a bit of fresh air will really help you feel better. As well as clearing your head, there's also a ton of physical benefits too.

Lose the phone

We live in a world dominated by technology and we rely on it more and more to communicate with our loved ones. But it's also good to take a bit of time away from your phone. Social media can have

negative effects on your wellbeing if you're spending too much time on it! Leaving your phone off the dinner table, or in a different room when you go to sleep, have both been scientifically proven to help our wellbeing.

Ask for help

If you're struggling with something, talking it through with someone you trust is always a good idea. This could be a friend, partner, family member, work colleague or even a professional. Whoever it is, getting things off your chest will have a positive impact and deliver a huge boost to your wellbeing.

Using our phones for something positive

Did you know?

20k+

there are as many as 20,000 wellbeing and health apps out there, with two of the most popular being Headspace and Calm.

Technology for good

Our phones can often reduce the quality of our wellbeing. Over-reliance on social media can have hugely detrimental effects. However, when used properly, technology and our phones can be used for good and can

delivery some unbelievably powerful benefits to both our physical and mental wellbeing.

It's also good to remember that finding what works isn't a one size fits all, so it's important that you find

Feeling appy!

Using apps to help with you physical and mental wellbeing is proving more and more popular. There's a lot out there to discover - whatever your needs, and here's two great examples to try.



HEADSPACE

Headspace

This meditation and mindfulness app literally gives users a workout for the brain - learning you to relax with lots of techniques that bring calm, wellness and balance to your life.



Calm

This app is super easy to use and will relax you into a state of calm or a deep, restful sleep, depending on your needs - and boasts star narrators such as Matthew McConaughey and Cillian Murphy.

wellbeing Top tip

Writing a 'to do list' for the next day before you go to bed can help clear your mind resulting in a better sleep.

wellbeing aids that work for your specific needs. Experiment, try different things until you have all the tools you need. There's some brilliant apps and podcasts available, all designed and created to help us navigate our way

through what can at the best of times be a highly complex world. The use of apps and podcasts to boost our mental, physical and financial wellbeing is a booming industry, and there's so much good stuff out there - go explore!

Did you know?

62%

of all people who regularly listen to podcasts, said they listen and subscribe to health and wellbeing podcasts and the numbers are climbing year on year.

Listen up!

Podcasts are another great way to use technology to help your physical and mental wellbeing. Sitting back, relaxing and getting lost in a podcast, is a great way to relax and chill.



We Care

With Rebecca Fuller

Each week Rebecca, who is an ex-carer herself, interviews a carer and shares their experiences and thoughts on caring for a loved one.



Stronger Minds

With Kimberley Wilson

Kimberley brings you everything you need to know to build a healthier brain and stronger mind. Delving into nutrition, psychology, lifestyle and mental habits.

Reaching out for a little bit of extra

Wellburn are always here to help you with any issues you may be facing, but for some problems, you may need to go beyond and seek professional help. We've gathered a list of useful contacts and services which are there should you need them.

Health Assured, our Employee Assurance Program

Helpline support for you and your immediate family members, 24 hours a day, 7 days a week, 365 days a year, which includes:

Life support

Access to counselling for emotional and mental health issues

Legal information

For knowledge and guidance

Bereavement support

Qualified and experienced counsellors on hand

My Healthy Advantage

App highlights

Live chat and support -
Weekly mood tracker - Mini health checks - Health hub & goals - Achievements & recognition - Bright TV - monthly mental health video series

Wellbeing Portal

In addition to counselling support, advice and the app, you also get access to a virtual library of wellbeing information. Full of articles and self-help guides providing support for your physical and mental health

Call the helpline now on:

0800 028 0199

help.



Our Frontline

Offers 24/7 one to one support on mental health and wellbeing.

For urgent help text:

FRONTLINE to 85258

Hospice UK

Hospice UK offers a free support line for anyone struggling to cope with bereavement, trauma or anxiety.

Phone lines open daily,

8am-8pm:

0330 3034 434

Samaritans

The Samaritans have a free dedicated support line for when you've had a tough day, are feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through.

Phone lines open daily,

7am-11pm:

0300 131 7000

SANEline

SANEline is a helpline that can offer advice for anyone experiencing mental health problems.

Phone lines open daily

4:30pm-10:30pm:

0300 304 7000

wellbeing Top tip

Talking things through with someone trusted is scientifically proven to significantly reduce anxiety.

wellbeing diary

What am I going to try and improve today?

What things am I going to do to help with this?

Have you noticed any improvements today?

Have you shared the positivity today?

Monday

Tuesday

Wednesday

Thursday

Friday

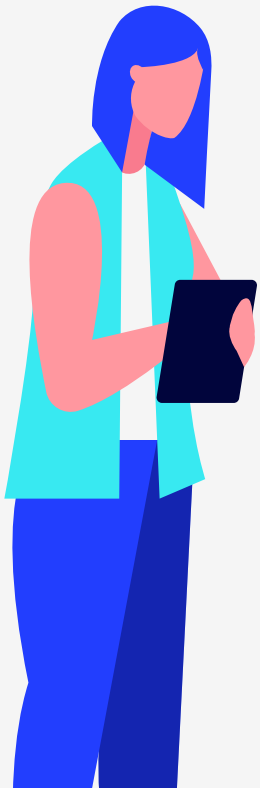
Saturday

Sunday

Week One.

Putting it into practice!

Ok, so now you've read the Little book of Wellbeing, let's put it into practice. Try some or all of our hints and tips, depending on what you think might help, over the next week to see what difference it makes.



Wellbeing benefits we deliver

Now more than ever, mental and physical health are being prioritised in and out of the workplace, and here at family run Wellburn, your wellbeing is our top priority. Which is why we have a raft of wellbeing advice, support and resources available to you and your colleagues. Let's take a closer look at some of them.

Health Assured

We've partnered up with award winning employee assistance programme 'Health Assured', to provide you with a huge amount of Wellbeing support. Joining the scheme will give you access to a vast amount of wellbeing advice, tips and useful content, including a free 24/7 counselling, legal and information line.

Virtual Wellbeing

1 to 1 sessions

Our Wellbeing Support Officer, Michael Scott, offers virtual 1 to 1 sessions, running on two days over the working week. The sessions are there to offer help, guidance and advice on all things wellbeing.

Ask initiative

Ask is completely independent from your home, and we're here to help with any questions, issues or even things you may be finding difficult to talk about. Your ask will remain confidential if you so wish, and we're here for you, no matter how big or small your Ask is. If we can solve it we will, and if not, we'll make sure we find someone who can help - and we'll do it as fast as we can, to make sure you're getting the right help and support, as soon as possible.

Email your Ask to:

ask@wellburncare.co.uk

wellbeing Top tip

There's a lot of help here at Wellburn, but help always starts with you prioritising your own wellbeing first.

wellbeing Top tip

It's hugely important to remember that it's always ok to talk about anything that's troubling you.

Cycle to Work scheme

As part of our ongoing 365 initiative, we're part of the fantastic Cycle to Work scheme, which allows all members of staff to make huge savings on a new bike, and even allows you to spread the remaining cost over a period of time that suits your finances.

Enabling you and your colleagues to get on your bikes and do something good for yourself and our planet.

Tech scheme

Another benefit from our 365 initiative is our Tech Salary - exchange scheme. The scheme gives all staff the opportunity to make huge savings on the

latest tech, and like the Cycle to Work scheme, it allows you to spread the remaining cost too. So if you're looking at that latest Apple laptop, tablets, PC's or software, the scheme could set you on your way to tech happiness.

Menopause Champion

Here at Wellburn, we recognise the importance of raising awareness, providing a space to feel comfortable talking about it, and offering support to all of our staff, who are going through both perimenopause and menopause. We're dedicated to offering as much help and support

as we can - which is why we have a dedicated Menopause Champion, available to offer perimenopause and menopausal support, advice and guidance.

365 Wellbeing page

To explore all of our 365 wellbeing initiatives and learn more about our wellbeing benefits available to you, scan the QR code below or visit: careers-wellburncare.co.uk



It's important to remember that feeling negative thoughts isn't a weakness or a failure.

Those around you have felt or are feeling the same. Let's look after ourselves and each other.

