steps2wellbeing Dorset

NHS
Dorset HealthCare University
NHS Foundation Trust

Positive mental health in the workplace

Course brochure

@Steps2Wellbeing

www.steps2wellbeing.co.uk

Positive mental health in the workplace

Steps2Wellbeing is pleased to offer a range of courses to help your workforce improve their mental and physical health.

These courses are based on NHS Talking Therapies treatments and are delivered by Steps2Wellbeing trained psychological therapists and employment advisers.

All sessions are delivered as a one-hour long webinar to fit around busy schedules. These webinars can be tailored to support your workforce's individual needs and requirements.

Our team can also provide advice and signposting to relevant mental health and wellbeing services.

1 Demystifying mental health at work

This course will help your organisation to learn how to positively manage staff experiencing mental health difficulties.

The session will be delivered by our experienced staff who have supported thousands of patients to remain in or return to work. It includes giving managers practical tips on how to support staff who are experiencing mental health difficulties whilst helping them to maintain healthy work boundaries.

By the end of the session managers will have:

- an overview of services that can help individuals struggling with mental health and know how to access crisis support
- have practical tips to help them manage staff wellbeing
- access to communication tools that can be utilised to help them discuss staff wellbeing.

2 Sleep well

In this session, staff will become more self-aware and explore:

- beliefs about sleep, what keeps us awake
- what promotes better sleep
- strategies for consolidating broken sleep
- how much sleep we really need.

3 Eat well

In this session, staff will become more self-aware and explore:

- what makes us eat too much or too little
- ways to eat better, enjoy food more and break unhelpful patterns.

Participants will need to have a small item of food with them e.g. a sweet or small piece of fruit.

4 Sit, walk, stand and move well

In this session, staff will become more self-aware and explore:

- how to create better work environments
- movement exercises suggested by the Chartered Society of Physiotherapists suitable for workplaces like using the photocopier as your gym.

5 Avoiding burnout

Stress and burnout go hand in hand, this session offers some practical and psychological strategies to help:

- understand what happens in the mind when we feel numb
- explore the 'funnel of exhaustion' and how to perform activities that can both stimulate, encourage and soothe
- learning to ask for help and identifying a positive support network at home and at work.

6 How to meditate

Meditation is an evidence-based attention training, scientifically shown to lower stress and anxiety and improve mood.

Regular meditation can help improve concentration and enhance health as well as mental wellbeing.

The workplace is busy, so this course will cover some short meditations for during the working day, and longer meditations for before work or at the end of the day.

- A Registered NHS mindfulness teacher will teach your team how to meditate in a 30-minute session.
- You will be provided with six meditation recordings for you and your team.

7 Radical resilience

Resilience is defined as being able to return to a previously good condition after difficulty.

In this session, staff will become more self-aware and explore:

- what is resilience and what helps develop it
- strategies to use individually and as a team.

8 Reclaiming your time

This session is designed to help staff identify what is stealing their time. It will provide a space for them to look at what they can control and what they cannot. It will help them explore solutions and resources that potentially could help, whilst acknowledging that there are times when we can feel overwhelmed.

- What is on our plate?
- What sucks our time?
- What is within our control?
- When is it time to ask for support and help and how do we do this?
- What resources can help?

9 Demystifying wellness action plans and stress risk assessment

Learn how to utilise a wellness action plan and stress risk assessment to support staff with their mental wellbeing. These will enable managers to help staff to remain at work and return to work successfully.

This session explores:

- how to use these tools to identify sources of stress
- improving performance and retention of staff
- tips on starting the conversation and managing expectations
- developing confidence around reasonable adjustments in the workplace
- sources of support.

Contact us for more information

To book and for more information please contact **Nikki Luddington** at nikki.luddington@nhs.net.

Costs

- £50 per person per session
- For large group bookings please contact to discuss.

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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