

AfterCARE Wellbeing Course

6 x 30 minute sessions

Building On The Fundamentals

These last few years have been an unprecedented rollercoaster for many of us. Pre-Covid, there were already high numbers of colleagues feeling stressed, the added pressures of Covid and working within the NHS have simply added to that. Our careers are often rewarding, but they can be demanding too and navigating the often-high stress culture at work leaves many of us feeling overwhelmed and exhausted.

We know that NHS people are excellent at looking after patients, but not very good at looking after ourselves. It is easy for us not to notice extra-long days becoming the norm, and not questioning the loss of control over our work until we start to feel unwell.

We want to create a wellbeing culture that empowers colleagues to maintain and improve their health and wellbeing, to feel cared for, and to be empowered to pass that care on to patients.

Self-care is a vital skill, and we want to support you in practising it. It is particularly important currently for us all to take some time out and look after ourselves.

This course provides **6 x 30 minute weekly sessions**, to concentrate on self-care and our own wellbeing and resilience. It provides a half hour out just for you and gives you understanding and tools to support taking back control and thriving. It provides a mix of visual, auditory and storytelling learning methods where you can sit back, relax and enjoy our journey together.

Participant Feedback

Following completion of the AfterCARE Wellbeing Course:

- 100% of participants say they feel more positive
- 87% of participants feel they have gained new insight
- 65% of participants would rank this course 8+ on a scale of 1-10

“It was brilliant! We need more of this.”

“The course was really good and very helpful.”

“I enjoyed every bit of the course, particularly the breathing exercises.”

“I feel inspired to give wider feedback – 30mins is just right and the techniques are helpful.”

What to expect from the course

The sessions focus on self-care and wellbeing and resilience, providing time out for you. Each session will look to explore:

Session 1: Introduction

- You are not a robot!
- Recognition of what we are dealing with
- What makes us productive?
- How can the way you cope help?
- The emergency 'stop' technique
- Self-care
- NHS resources
- Abdominal and rib stretching breathing exercise

Session 2: Steps to support our mental health

- Body check
- Emergency 'stop' technique
- 6 steps to mental wellbeing
 - Connect
 - Be active
 - Take notice
 - Learn
 - Give
 - Be kind to yourself
- Relaxing colour breathing

Session 3: Physical wellbeing

- Tips to build resilience
- 'Deskercise' session
- Physical self-care
- Relaxation - breathing

Session 4: The power of our thinking

- Quick stretch recap
- Overthinking: are you thinking yourself sad? How to get ruminating thinking under control.
- Give yourself permission to have a little downtime – the importance of breaks
- Progressive muscle relaxation

Session 5: Exploring self-esteem and managing panic attacks

- Calming breathing
- Are you just 'fine'?
- Self-esteem – the building block of our wellbeing
- Panic attacks
- Teams and leadership
- Relaxation session – visualisation

Session 6: Final session

Connections to support us and a full guided relaxation.

- Building a growth mindset
- Connections
- Full guided relaxation