

I'm paddling along OK and I want to stay that way

Keeping the show on the road is a constant challenge for all doctors, the job itself requires a huge amount of energy. Sometimes this becomes hard to maintain when the rest of your life is also demanding and all of us need to find ways to stay well whilst keeping our career and personal life in balance. Obviously simple things like good food, exercise, sleep, recovery and relaxation are vital to staying well.

These are some additional resources you might like to use to help you consider how best to care for yourself.

Peers – in your department there are always people who other view as “wise”, find out who others turn to for advice and guidance

Mentoring – Mentoring is guidance from someone with some experience in your area (clinical or otherwise)

Coaching – Coaching aims to help you reach your goals, it is particularly helpful if you have reached a bit of a block yourself.

Mots Trusts can provide a Coach or Mentor for you, or your Specialty School.

Conflict resolution training (Your Trust VLE)

Mindfulness – most Trusts run sessions, lots of internet sites

Chaplaincy – All trusts have a chaplaincy, no faith needed to speak to them.

Self-Care planning – download from site [LINK](#) (upload doc)

Apps that might help you stay afloat

Unmind:

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically-backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

They are offering free access to NHS staff until the end of December 2020, active now.

How NHS staff can get access

1. Go to nhs.unmind.com/signup
2. Sign up with your NHS email address
3. Download the Unmind app from your appstore - your organisation name is NHS.

Headspace:

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

They are offering free access to all NHS staff with an NHS email address until 31 December, active now.

How NHS staff can get access

1. Go to <https://www.headspace.com/nhs> and select clinical or non-clinical staff to start enrolling
2. You will need to use your NHS email address to sign up

Sleepio and Daylight (developed by Big Health):

Sleepio is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Free access to Daylight is active now until 31 December.

How to access Sleepio

1. Visit sleepio.com/redeem on your laptop or desktop computer
2. Enter redeem code NHS2020 and sign up for an account using your name and email address
3. Complete the sleep test
4. Get started!

How to access Daylight

1. Click on the following link: daylight.com/NHSaccess
2. Answer a few short questions to tailor the programme to you
3. Sign up for an account using your name and email address
4. Download the Daylight smartphone app (search 'Daylight - Worry Less')
5. Get started!

Online there's more to keep you well

Every Mind Matters (NHS) <https://www.mentalhealth.org.uk/blog/every-mind-matters>

My Possible Self to help reduce stress, anxiety and low mood <https://www.mypossibleself.com/>

Mood Gym interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety. <https://www.moodgym.com.au/>

i Talk managing anxiety and mood management <https://www.italk.org.uk/>

Heads Up – managing /disclosing your mental health at work <https://www.headsup.org.au/> also downloadable leaflet from HEE

Tea and Empathy Facebook Group – a national, informal peer support network aiming to foster a supportive culture throughout the NHS. <https://www.facebook.com/groups/1215686978446877/>