

Supporting practitioner well-being

In leading and managing settings during the covid-19 outbreak, it has probably never been more important to consider practitioner well-being or to reflect on and potentially rethink how we lead and support our staff teams.

Every practitioner is unique and will need an individual approach – what works for one will not necessarily suit all. Here you will find a collection of resources and websites designed to support well-being.

You may also like to look at a range of blogs from sites like FAMLY <https://family.co/blog/> for example - 'How to Be a Better Leader Under Lockdown' <https://family.co/blog/covid-19/reshan-richards-remote-team-leadership-quarantine/>



Suggested resources:

The stress bucket – includes downloadable discussion sheet <https://mentalhealth-uk.org/help-and-information/downloadable-resources/>

Happiness posters <https://www.actionforhappiness.org/happiness-posters>

10 keys to happier living <https://mhfaengland.org/mhfa-centre/resources/for-schools/10-keys-to-happier-living-wall-poster>

MIND videos <https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/relaxing-and-calming-exercises/>

Mental Health UK videos <https://mentalhealth-uk.org/help-and-information/best-working-life/>

10 reasons for employers to invest in staff mental health <https://mhfaengland.org/mhfa-centre/resources/resource/?id=116d3dc2-3ea5-e811-814e-70106fa92171>

Suggested websites:

MIND www.mind.org.uk

Samaritans www.samaritans.org

Anxiety www.anxietyuk.org.uk

Action For happiness www.actionforhappiness.org

Mindful Employer <https://www.dpt.nhs.uk/mindful-employer>

Mental Health UK <https://mentalhealth-uk.org>

Mental Health First Aid England <https://mhfaengland.org/mhfa-centre/resources/>