

## STAKEHOLDER NEWS

NOVEMBER 2022

ISSUE 13

Regular update for our stakeholders on developments and key milestones from the You Matter team



**For all those celebrating Guru Nanak's Birthday on the 8<sup>th</sup> of November, we wish you an amazing celebration as a time to reflect on faith, sacrifice and community.**

### Did you know?

You can access REACTMH training for free. This training teaches you how best to cope when having a mental health conversation with a colleague. If you are a manager, supervisor or interested in developing your skills in support, book on now.

See final page for more details.

### Date for your diary – World Kindness Day 13<sup>th</sup> November.

The mission of the World Kindness Movement and World Kindness Day is to create a kinder world by inspiring individuals and nations towards greater kindness.

See overleaf for some kindness challenges.

### Top tip:

Now that we are approaching Autumn and the darker months, it can be hard to drag yourself out of bed in the morning. Here are some tips for waking up in the dark:

- Drink a glass of water first thing
- Keep your alarm clock at a distance
- Sleep with the curtains open
- Set your alarm to a feel-good song
- Keep an early routine each day

## World Kindness Day:

Why does it benefit us to be kind?

### Kindness can reduce stress.

Those who are kind have 23% less stress hormones than the average population.

### Kindness can boost your energy levels.

People after being kind to others report feeling stronger and more energetic, lower levels of depression and increased feelings of self-worth.

### Kindness can relive pain.

Being kind releases endorphins, which are the brain's natural painkiller.

## Challenge yourself – for the month of November try to do one of the following once a week, or more!

- Smile at a stranger
- Offer to make someone a cuppa
- Send a kind email to a colleague
- Offer to lead a group meditation/stretch session in a team meeting
- Call an old friend out of the blue
- Pick up some snacks to hand out to the team
- Hold the door open for someone
- Talk to someone on the bus
- Help someone rest (e.g. offer to walk their dog or cook them dinner)
- Share something interesting that you have read with someone



### Importance of self-compassion:

As well as treating others with kindness, it is important to remember to treat yourself kindly and with compassion. The old saying "you are your own worst critic" goes; sometimes we may find it difficult to appreciate what we do when thinking about relationships, career growth, financial status, or body image etc. Building self-compassion can be a great start to forming a positive mental state. Understanding your personal pain, normalising this then; caring for yourself and focussing attention on how we can support this personal pain will increase self-compassion.

If you would like to build and develop your own self-compassion the following article provides some great methods and tasks to help you reach positive wellbeing:

[Understanding Self-Compassion \(health.wa.gov.au\)](https://www.health.wa.gov.au/understanding-self-compassion)

**Remember: it is very easy to contact us to arrange an appointment for you or your team:**

Online Referral:

[www.YouMatter-bob.nhs.uk](http://www.YouMatter-bob.nhs.uk)

Email us:

[YouMatter@oxfordhealth.nhs.uk](mailto:YouMatter@oxfordhealth.nhs.uk)

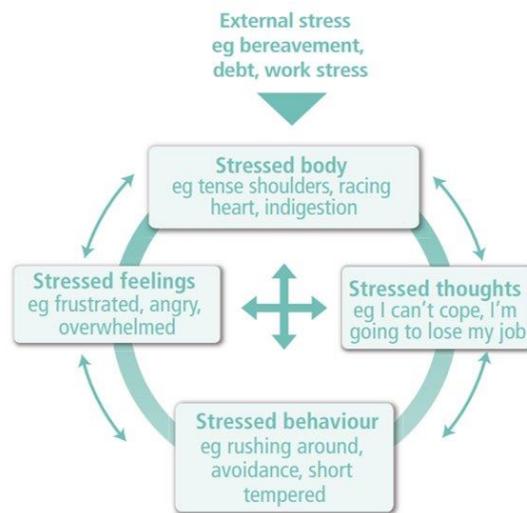
Phone us:

0800 145 6568  
Monday to Friday  
8am-4pm

## Coping with change:

At You Matter we recognise that our community, country, and ways of life are ever changing. Current news shows us the delicate state of our government; with big change around the corner, and change having already occurred – this can be daunting for many. With control over the government and leaders out of our hands, this can feel overwhelming. The unknown is a daunting thought – what will the state of our country and government be in a few weeks' time? Changes no matter how big or small, in personal and wider life, can have an impact on an individual. It is important to be aware of how you are feeling and how to best manage these emotions.

### 1. Notice your stress response. Do you have any changes in your thoughts, emotions, or behaviour?



### 2. Manage your stress.

- Time management
- Stop for a moment. Take a break.
- Prioritise most important tasks
- Plan ahead – create a single to do list, schedule tasks, breaks and nourishing activities to keep well.
- Break down big tasks.
- Healthy boundaries - Say no and don't feel guilty.

### 3. Cope with the change and the possibility of the unknown.

- Acknowledge what has changed and what hasn't
- Notice the tendency to cling on to the old and push the new away
- Notice that even good changes can cause stress
- Keep up your regular schedule – this can be an anchor
- Notice what positives have come from change
- Stay proactive and 'face the difficult' to shape the changes
- Seek support but be discerning!

# You Matter

## REACT Mental Health®

90 minutes, online, free training to support wellbeing conversations in your teams and communities.

[React.admin@nhs.net](mailto:React.admin@nhs.net)



REACTMH® wellbeing conversation training is an amazing initiative that will provide managers, supervisors and those with caring responsibilities, in clinical and non-clinical services, with the tools and confidence to have wellbeing

conversations with people in their teams and community.

We're delighted to extend this offer to staff working in social care across Buckinghamshire, Oxfordshire and Berkshire West (BOB). This is in addition to healthcare workers already taking part across the 6 trusts within BOB ICB. REACT Mental Health training will teach you useful skills and you don't need to be a manager to join, this training is open to all health and social care staff across BOB regardless of your job title.

REACTMH online training lasts for 90minutes and provides you with the support to facilitate structured conversations to check in with an individual and where required, be able to signpost on to additional support services.

The REACTMH training is an evidence based active, listening skills training session

The REACTMH approach is as follows:

- Recognise
- Engage
- Actively Listen
- Check Risk
- Talk to them about specific actions

For Social Care staff working in Buckinghamshire, Oxfordshire & Berkshire West.

which enhances mental health awareness among staff by enabling staff to identify, engage with and support people in their teams who may be struggling with their wellbeing. The training is designed to improve confidence in initiating supportive wellbeing conversations.



For all staff working in healthcare across BOB ICB.

Comprised of 6 trusts incl primary care:

OUH, OHFT, BHT, BHFT, SCAS and RBH

To book onto REACT MH training, or for more information please email: [React.admin@nhs.net](mailto:React.admin@nhs.net)

Many studies have shown that line managers, supervisors and those with caring responsibilities can significantly impact the mental wellbeing of the people in their teams. Long term negative impact on mental health can be significantly reduced where managers receive training in identifying the need for, and successfully engaging in, supportive wellbeing conversations.



Buckinghamshire, Oxfordshire and Berkshire West  
Integrated Care Board



### Upcoming training dates:

- November
- Thursday 17th, 9:00-10:30
- December
- Tuesday 6th, 11:00-12:30
  - Thursday 8th, 10:00-11:30
  - Wednesday 14th, 11:00-12:30
  - Tuesday 20th, 12:30-14:00
- January:
- Wednesday 4th, 10:00-11:30
  - Tuesday 10th, 9:30-11:00
  - Wednesday 11th, 12:30-14:00
  - Wednesday 18th, 14:00-15:30
  - Friday 20th, 9:00-10:30
  - Friday 27th, 11:00-12:30
- February:
- Wednesday 8th, 12:30-14:00