

# Health and Wellbeing Newsletter

15th April 2019

## Take a moment for yourself



We know it can be hard to take your break when its busy. But, it's important we each care for ourselves before we look after others. Taking your break will help colleagues, especially new starters around you feel more confident in taking theirs, and shifting the way people think about taking breaks and looking after themselves.

---

### Ideas on how you can take a moment to pause at work:





Try to take a small break that doesn't involve staying in your busy work environment and discussing work. Even if it's only a 2 minute exercise or a quick change in scenery it's a great way to rest your mind. Here are some ideas on how you can give your mind a moment to 'pause':

- Walk down the corridor and breathe deeply
- Go to the loo and take a few deep breaths
- Speak to a colleague/ friend about something unrelated to work for few minutes
- Have a healthy snack such as some fruit
- Go to a water fountain and have a cold drink
- Head outside and get some fresh air for a couple of minutes
- Try office friendly yoga or stretches (invite your colleagues to join you for fun and a great laugh)

## Switch off during your lunch break.

Aim to switch your 'work brain' off during your lunch break by occupying your mind. Try:

- Word searches
- Crosswords
- Adult colouring books
- Plan a fun activity outside of work
- Play a quick game with a colleague such as a card game
- Read or watch a video and escape from reality
- Listen to some music or a podcast



# Events, courses and campaigns

## Free drop-in Meditation sessions



Come and enjoy the benefits of mindfulness meditation within the buzz of working life! Sessions are held every Monday at lunch time (12:15pm-12:45pm) and on Thursday mornings (07:15am-07:45am) in Rosie seminar room 5 and are guided by Suryamani Layton. No booking required.

## Lunch Craft Group

Running Wednesday and Friday lunch times for all staff. Just take along your current project to chat and craft with others, be it knitting, crochet, drawing or something else. See the various locations and times below:

Room: Rosie 2A	Room: F&G 6
Date: Friday 12-Apr-19	Date: Wednesday 17-Apr-19
Time: 13:00pm - 13:30pm	Time: 12:00pm - 12:30pm
Room: F&G 6	Room: N3
Date: Wednesday 24-Apr-19	Date: Friday 26-Apr-19
Time: 12:00pm- 12:30pm	Time: 13:00pm - 13:30m
Room: N3	Room: N3
Date: Wednesday 01-May-19	Date: Friday 03-May-19
Time: 12:00pm- 12:30pm	Time: 13:00pm - 13:30pm
Room: Rosie 2A	Room: F&G 5
Date: Wednesday 08-May-19	Date: Friday 10-May-19
Time: 12:00pm - 12:30pm	Time: 13:00pm - 13:30pm
Room: F&G 6	Room: N3
Date: Wednesday 15-May-19	Date: Friday 17-May-19
Time: 12:30pm- 12:45pm	Time: 12:30pm - 13:00pm

# Care first

Care First is a confidential service provided to CUH staff, with highly trained professional specialists providing comprehensive assistance, information, advice and counselling on a very wide range of subjects.

The service is free of charge for staff by calling: 0800 174319  
(24 hour service with unlimited use)

There is also an option of face to face counselling sessions.

Or you can contact Care first via their online services: <https://www.care-first.co.uk/>

Log in username: add001 Password: okes1234 (all lowercase).

You can call about anything that is troubling you whether it is personal difficulties, for example relationships, family matters, stress, loss or bereavement or work- related issues. For further information download the leaflet [here](#).

To download the Care first poster click [here](#).

A 'guide for managers' by Care first is available for download [here](#).

## HAPPY EASTER!

Whether you celebrate this holiday or not we wish you a moment to pause and relax with family and friends.



