

# Health and Wellbeing Newsletter

10th June 2019

## Boost your mood with appreciation exercises



Practicing a positive outlook using appreciation exercises has been shown to be a useful tool in improving your emotional wellbeing, especially during stressful periods of your life. See some great exercises to try at work or home below.

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## Take a gratitude break

During meetings, save a few minutes for team members to share a quick appreciation. Don't overthink it. It can be as simple as, "I'm grateful to Sarah for making me a coffee this morning," or "Thanks to John for helping me organize my presentation, so I could get it done before the deadline." Avoid gratitude for *things* — focus on actions, events or people.

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## Show appreciation to others

The act of giving actually has intrinsic benefits for the giver. Share the joy of gift-giving by giving small gifts such as a chocolate, piece of fruit or even just a funny picture to someone you know. It could lighten someone's day and make you feel good too.

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## Write a note

A little thank you note or recognition of something that went well (two or three sentences) is a great up-lifting exercise. You can write one to give to others or just for yourself. It is also a great team activity at away days or a meeting. And it is a thoughtful way for managers to show appreciation to their team.



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## Think about something you are looking forward to

Each day write down or share something you are looking forward to with others. It can be as little as seeing your dog, takeaway night with your family, or something bigger like a holiday. You can also ask other people what they are looking forward to. I bet it will make you smile, and when you ask others what they are looking forward to they will be smiling with you!



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## Disrupt stressful moments with a smile

Yes, smiling does help with stress. How you ask? If you smile for 17 seconds or more the brains chemistry is shown to alter, triggering 'happy' feelings. For maximum effect picture things you are grateful for such as friends, family or your favourite foods.





## Psychological Wellbeing Service

The Psychological Wellbeing Service offer Cognitive Behavioural Therapy for anxiety (including panic and post-traumatic stress), depression, stress, obsessive compulsive disorder and low self-esteem.

Options include personal therapy (face-to-face, telephone or through instant messaging), computerised CBT, guided self-help and telephone support.

This is a free NHS service for persons aged 17 years and older. There is no upper age limit and the service is based at oh *Occupational Health and Wellbeing* one day a week. Further details can be found on the poster downloadable [here](#).

For other psychological wellbeing services near you please see our website: [ohwellbeing.com](http://ohwellbeing.com).

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### Schwartz Round: 'Children's mental health in the general Hospital'

This round will focus on the experiences of both specialist and non-specialist clinicians in supporting children in hospital who have mental health difficulties and their families.

Presented by: Jess Blythe, Sonja Ladner, Rachel Lanthangue, Elizabeth Smith, Tessa Upton & Sri Velandy.

Thursday, 13th June 2019 in the Hospital Chapel 1pm–2pm.

A light lunch will be available from 12.30pm

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## Men's Health Week

It's Men's Health Week (10th-16th June).

Facilitators from Everyone Health will be running a stall in the concourse on Friday 14th June 11:30am-2pm to promote the free services available to all. Including CamQuit stop smoking clinics, NHS health checks, weight management programmes and Health trainers.

