

Health and Wellbeing Newsletter

9th September 2019

Improve your wellbeing while working



It can be hard to focus on your own wellbeing before trying to help others. You can't complete your daily activities to their fullest without looking after yourself first. Keep reading for some small actions you can complete while at work to support your overall wellbeing.

Have healthy snacks on hand

Try planning small healthy snacks that you can eat in a busy working day. Try fruit, low sugar granola bars, veggie sticks and nuts. These are all travel friendly and can be eaten on the go. Doing this will ensure that you are staying fuelled with healthy nutrients and not going without food for many hours.



Take a break

Even if you end up taking your lunch break late or in two parts due to workload and staff sickness make time for your break. If others are not taking their break set an example and take yours. Soon enough others will follow suit. Set an alarm as a reminder to have a break or plan how you can fit a break in your busy days.



De-stress

Work can be stressful especially when things go wrong or the workload is too much. Remember to give some mindfulness techniques a go to de-stress. Try a quick 1 minute breathing or meditation exercise ([like this one](#)).



Get outdoors

If possible head outside for a few minutes each day. A change of scenery and some fresh air is great not only for your physical wellbeing but your mental wellbeing too. Take a moment to look around and take notice of the trees grass and sky.



Practice turning off from work at home

Can't stop thinking about work? Before heading home hand over anything you're worried about to a colleague or manager. Or you can write down any tasks, or thoughts you have before you get home, ready to be looked at when you are next at work. Try to also create a routine that helps signal the end of the working day, be it taking off your uniform or traveling home.



Make a few easy food swaps

Try switching high fat, salt and sugar foods for healthier varieties. Try snacking on fruit instead of biscuits and try to switch white bread, pasta and rice to wholemeal versions for added fibre. Making small swaps with your food choices can make a big difference as they soon add up.



Exercise

Try adding additional exercise to your work day. Take the stairs instead of the lift, walk over to people to relay messages instead of using email or the phone. Where possible try to make part or all of your journey to work on foot or by bike.



Events, courses and campaigns

Free Singing Workshop



Campus Sound, a capella singing group, is offering a free Singing Workshop on 12th September 1-2pm in DK15 (Deakin Centre Parent Room).

The aim of the workshop is to get people to come together, to enjoy the shared experience of singing. Singing had been well researched to lower stress and raise well-being, releasing oxytocin and raising endocannabinoid activity. Led by Sue Parlby (leader of Campus Sound) - a highly experienced vocal group and community choir facilitator. To find out more please contact [Lizzie Hart](#).

Schwartz Talk 'Crying at work- ok or not ok?'

Presented by: Sarah Archibald & Annabel Price.

Thursday, 12th September 2019 In the Hospital Chapel 1.00–2.00pm

A light lunch will be available from 12.30pm

Schwartz Round is a multidisciplinary forum where staff discuss emotional and social dilemmas that arise in caring for patients.

For more information please click [here](#).

Physiotherapy led fitness classes



New pilates and T'ai Chi classes running from 9th September.

- Pilates classes running Monday's 17:10 & 18:10 and Thursday's (50 minute class) Block price of £32 for 5 classes (1 FREE Class).
- T'ai Chi classes running on Tuesdays and Thursdays at 17:15 (1 hour class) Block price of £50 for 6 classes (1 FREE class).

All the classes are run by the CUH Physiotherapy department and take place in the Outpatient Physiotherapy Main Department. To find out more see our website [events calendar](#). To book please email PrivateClasses@addenbrookes.nhs.uk.

Be Active Be Healthy: new contact details

EVERYONE
WANTS TO
BE HEALTHY

Everyone Health can deliver bespoke healthy eating and activity information sessions to your staff or service users. Groups can consist of 6 – 15 participants and all the sessions are informative and interactive. They are designed to be delivered over a period of 6 weeks, approximately 45 minutes or individual sessions to suit the need of the participant or group.

- **Health Eating**
- **Physical Activity**
- **Stress Awareness**
- **Fats**
- **Fluids**
- **Carbohydrates**
- **Sleep**

For further information on the above free services please contact everyone health's new point of contact Susan Mayes via email: susanmayes@everyonehealth.co.uk or call 07802718596

