Healthy Workplace, Healthy You
Healthy You

Self Care: sustaining and improving your mental health and wellbeing
Personal Story

• Anxiety
• Stress
• Burnout
• Self Care
• Recovery
“Self-Care means choosing behaviours that balance the effects of emotional and physical stressors”

Psychologist Christine Meinecke PhD
“Please put on your own oxygen mask first”

• As organisations/placements need to create safe and healthy workplaces, there is also a need for you to consider factors that impact on your own health and wellbeing

• Self-care and self-compassion are the foundations on which you are able to engage positively with others, be that your family, colleagues or patients
Our experience at the RCN counselling service

• Individuals continue working even though they experience physical and psychological manifestations of anxiety and stress

• This can lead to work errors, injury, accidents, exhaustion, compassion fatigue, sickness/absence, burnout and it can have a negative effect on all relationships
Maslow’s Hierarchy of Needs & Creating a Healthy Workplace

- Learning and development
- Job design
- Dignity at work
- Work-life balance
- Health and safety at work
Why bother?

Working towards a healthy you will:

• Help you proactively manage your health and wellbeing, feed your confidence and self-esteem

• Employers will be looking to assess your resilience to deal with the pressures and demands of the job

• Support you to recognise when you need help

• Prevent you from reaching crisis point

• If applicable, help you to fulfil aspects of your professional code of conduct i.e. 20.9 under the NMC Code
Self-Care Self Assessment - 10mins
Developing your Self-Care plan

• What area/s would you like to work on?

• Potential obstacles to caring for yourself - academic demands, outside pressures, family pressures, attitude towards Self-Care

• What actions will you take to make a change?
Getting Started - experiential learning

• You only need yourself
• A little time is needed to consider your self-care - how about while taking a shower, brushing your teeth or commuting?
• Put a plan in place (self care planning worksheet, see website)
• Look at it as a work in progress – check in with yourself regularly
• And if you resist caring for yourself – discuss it with someone you trust
Resources and support for you


- “Why might people deliver bad care?” Yvonne Sawbridge, Tedx talk, University of Birmingham [https://www.youtube.com/watch?v=VC4FajTFpRU&feature=youtu.be](https://www.youtube.com/watch?v=VC4FajTFpRU&feature=youtu.be)

- At the Royal College of Nursing (RCN) we offer a counselling service to our members, appointments can be made by calling RCN Direct: 0345 772 6100, or e-mailed to [counselling@rcn.org.uk](mailto:counselling@rcn.org.uk)

- We also recommend you discuss any concerns around your wellbeing by accessing workplace support structures available to you i.e. Manager, Occupational Health, Employee Assistance Programme or by discussing it with you GP

- Working towards a healthy you leaflet
Q & A