

# HowAreYouDoingTeam

Here to provide individual and team support for all staff.

Thank you for all of your work, compassion and resilience during these extraordinary times; we are here to support you and your teams.

## Health and wellbeing support

A series of self help and online interventions support you in a wide range of topics including anxiety, resilience, sleep and more

- Sleepio and Daylight
- iConnectApp
- SilverCloud
- Headspace
- Unmind
- Shout

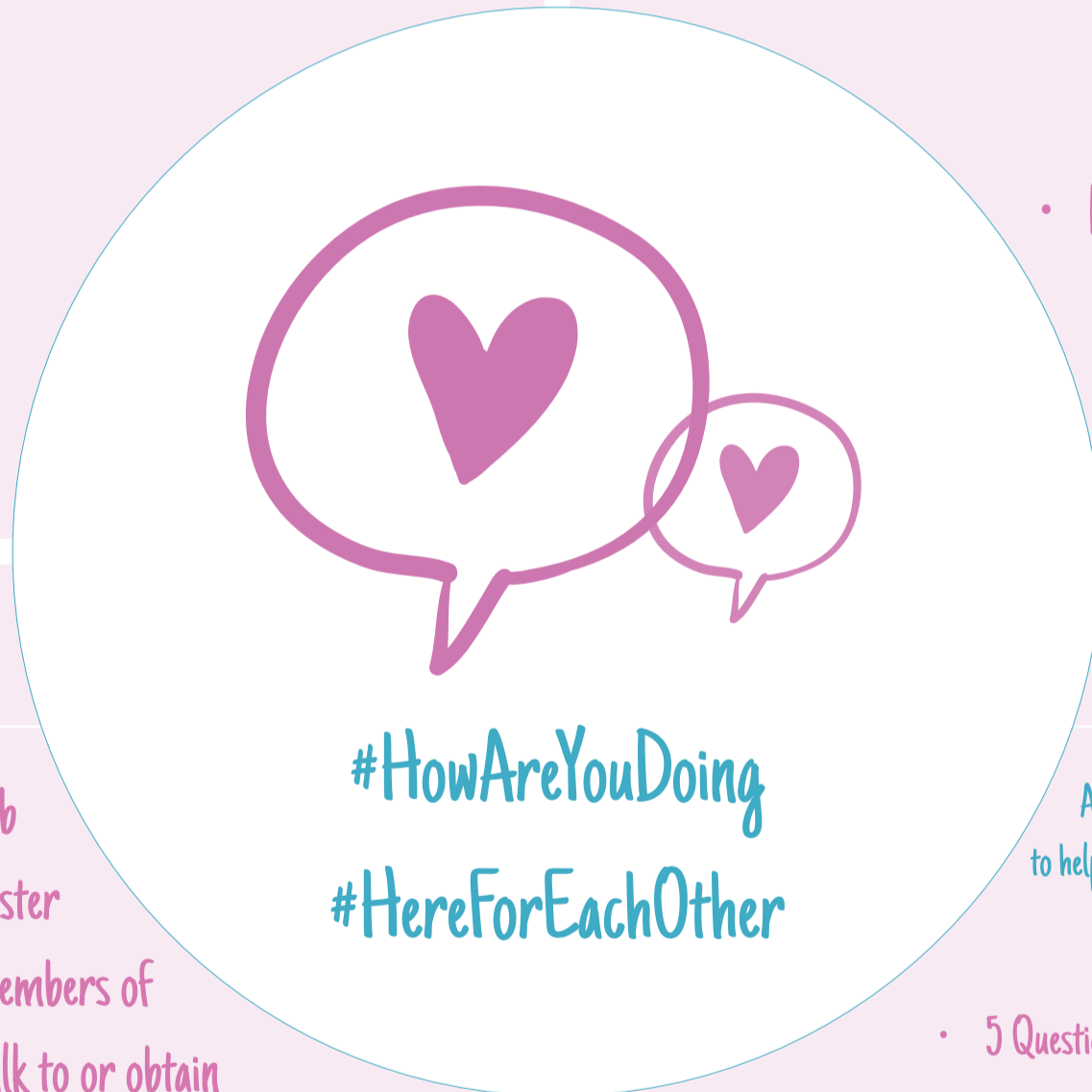
## Interventions

A range of practical and bespoke interventions to help you and your colleagues

- Group Support
- Link Support
- 1:1 Support
- Mindfulness and Exercise
- Structure Debriefs

## The Hub

- HowAreYouDoing Hub  
- Physical space at Lister where you can find members of the HAYD team to talk to or obtain printed information to help you and your team
- Virtual space available online



## Tools

A series of tools and techniques you can use to help yourself as well as supporting your team

- Debrief Tools
- 5 Questions - A Healthy Leadership Rhythm
- Team Huddle
- Communication in a Crisis
- Working from Home - Top Tips
- Signs a member of staff is struggling and what to do
- Leadership in a Crisis - Compassionate and Effective