HowAreYouDoing Team

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

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

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

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

#HowAreYouDoing
#HereForEachOther