

AfterCARE Wellbeing Course

6 x 45 minute sessions

Building On The Fundamentals

These last few years have been an unprecedented rollercoaster for many of us. Pre-Covid, there were already high numbers of colleagues feeling stressed, the added pressures of Covid and working within the NHS have simply added to that. Our careers are often rewarding, but they can be demanding too and navigating the often-high stress culture at work leaves many of us feeling overwhelmed and exhausted.

We know that NHS people are excellent at looking after patients, but not very good at looking after ourselves. It is easy for us not to notice extra-long days becoming the norm, and not questioning the loss of control over our work until we start to feel unwell.

We want to create a wellbeing culture that empowers colleagues to maintain and improve their health and wellbeing, to feel cared for, and to be empowered to pass that care on to patients.

Self-care is a vital skill, and we want to support you in practising it. It is particularly important currently for us all to take some time out and look after ourselves.

This course provides **6 x 45 minute weekly sessions**, to concentrate on self-care and our own wellbeing and resilience. It provides a time out just for you and gives you understanding and tools to support taking back control and thriving. It provides a mix of visual, auditory and storytelling learning methods where you can sit back, relax and enjoy our journey together.

Participant Feedback

Following completion of the AfterCARE Wellbeing Course:

- 100% of participants say they feel more positive
- 87% of participants feel they have gained new insight
- 65% of participants would rank this course 8+ on a scale of 1-10

“It was brilliant! We need more of this.”

“The course was really good and very helpful.”

“I enjoyed every bit of the course, particularly the breathing exercises.”

“I feel inspired to give wider feedback – 30mins is just right and the techniques are helpful.”

What to expect from the course

The sessions focus on self-care and wellbeing and resilience, providing time out for you. Each session will look to explore:

Session 1: Looking after ourselves in the world we work in

- Introduction, confidentiality and safety netting
- The emergency 'stop' technique
- 6 strategies for dealing with the world we work in
- Meditation: coping with uncertainty and the anxiety it can bring

Session 2: Managing anxiety

- The cycle of anxiety
- Tips for if you're feeling overwhelmed
- How anxiety affects us
- 7 steps to managing panic attacks
- How mindfulness helps anxiety
- Eye of the storm meditation
- The art of slowing down
- Meditation: eye of the storm

Session 3: Self-esteem

- Being kind to ourselves
- How self-esteem affects us
- What can cause low self-esteem?
- How can we improve our self-esteem?
- Meditation: being kind to ourselves

Session 4: The power of self-talk

- Understanding self-talk
- Positive and negative self-talk
- Worrying about other peoples' views
- What helps?
- Meditation: dealing with negative thoughts

Session 5: The challenge of change

- Evaluate your level of control
- Practice self-care
- Check your thought patterns
- Be in the present
- Find your priorities
- Meditation: flowing with change

Session 6: My future

- What can we do on days we are struggling?
- Being kind to ourselves and others
- Glimmers
- Meditation: decluttering our mind and heart
- Messages for the future