

# Free and confidential advice to support you to be well, live well and work well



Visit [keepingwellncl.nhs.uk](https://keepingwellncl.nhs.uk) for resources, advice and guidance on finding wellbeing support for you, your team and your organisation.

## For everyone

### Bitesize

Taking short breaks to step away from our busy lives and away from busy schedules helps us to reset.

Find tips, ideas and exercises to help you maintain your mental and physical wellbeing in short bursts.



### Physical health

We all know how important physical health is to all aspects of our personal and professional lives.

This section has lots to view, including menopause support, weight management programmes and free or complimentary workout offers.



### Managing stress and anxiety

There can be a lot of stress and anxiety triggers inside and outside the workplace – from personal finance, to caring responsibilities and workloads. In this section you'll find help to address the underlying challenges as well as the symptoms.

Resources range from confidential apps and helplines just for NHS workers, to coaching programmes and advice on mental health.

### Managing low mood

If you need support to manage low mood, this section provides you with fast, free and confidential access to help and referrals.

For anyone in need of immediate help because they are struggling to cope, text SHOUT to 85258: it's free and anonymous and available 24/7. Shout helps people who are anxious, stressed, depressed, suicidal or overwhelmed and who are in need of immediate support.

### Coping with trauma

Trauma can be any distressing or threatening event or series of events that overwhelms a person's ability to cope. You may have experienced it directly or witnessed or heard about it happening to someone else.

Find resources in this section to help manage and cope with some of the feelings and thoughts arising from trauma, which can include flashbacks, panic, avoidance, nightmares, and disturbed sleep.

### Sleeping difficulties

Sleep is fundamental for our wellbeing and important for our physical and mental health.

When it's difficult to get to sleep or stay asleep, you'll find a range of advice in this section to help overcome the challenge so that you can rest better.



## For managers, leaders and organisations

### Supporting staff wellbeing

As a line manager, find resources here to help you have conversations with team members about their health and wellbeing. Learn how to support them and find ideas for whole team activities – from mindfulness exercises to pause spaces for resetting, recharging and recommitting.

### Organisational wellbeing

Developing an organisational culture that puts staff wellbeing at its heart is the first step towards having a happy and engaged workforce.

Draw on a range of resources, mini-courses and materials to promote mental health and wellbeing in the workplace.

Included in this section is a framework to prioritise your health and wellbeing efforts, guides for implementing your strategy and training for wellbeing champions.

