**Worksheet: ‘Looking After Yourself and Others’**

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|  | 1. **What do you notice when you’re feeling stressed?**
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| **Thoughts***Example: I am not doing a good job at work*Click here to enter text.**Feelings/ emotions***Example: I feel anxious* Click here to enter text.**Body***Example: I have tension in my shoulders* Click here to enter text.**Behaviours***Example: I get takeaways rather than cook at home* Click here to enter text. |

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| 1. **What things do you do that continue or control your stress cycle?**
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|  *Example: I am having two glasses of wine each night when I get home from work*Click here to enter text. | *Example: Making sure I go outside each day for a walk* Click here to enter text. |

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|  | 1. **Based on your reflections, what do you think you could be doing to look after yourself better?**
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| Click here to enter text. |

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|   | 1. **Action Plan – What is one change you could make to help look after yourself and manage your stress?**
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| WHAT am I going to do? *Example: I am going to go running*Click here to enter text.WHERE are you going to do it?*Example: In the park near my house*Click here to enter text.WHEN am I going to do it?*Example: Three times a week at 6pm*Click here to enter text.HOW will I do it?*Example: I will follow the Couch to 5K plan*Click here to enter text.WHO can support me?*Example: My partner who I live with* Click here to enter text. |

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|  | 1. **What could get in the way of your plan? How will you overcome them?**
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| **Barriers** | **Solution**  |
| *Example: It is raining*Click here to enter text. | *Example: I will do a workout at home rather than go for a run outside.*Click here to enter text. |

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| **Resources**  |
| **GGC Talking Resources** | **Occupational Health Psychological Therapies Team (OHPTS):**call 0141 277 7623, Monday to Friday 8am-5pm. ​**Counselling Services** are also available to all NHS GG&C employees. 0141 201 0600. ​**Spiritual Care and Chaplaincy Service:**chaplains@ggc.scot.nhs.uk<https://www.nhsggc.scot/hospitals-services/services-a-to-z/spiritual-care-and-chaplaincy-service/>**Staff Forums** **LBGTQIA+** lgbtforum@ggc.scot.nhs.uk**BME** ggc.bmestaffnetwork@nhs.scot**Disability** ggc.staffdisabilityforum@ggc.scot.nhs.uk**Neurodivergent** ggc.staffndgroup@ggc.scot.nhs.uk |
| **GGC Learning and Doing Resources** | **Let’s talk about… Staff Wellbeing Webinars,** SharePoint https://scottish.sharepoint.com/sites/Let%27stalkabout...StaffWellbeingWebinars/SitePages/LearnHome.aspx**GGC NHS Mindfulness** <https://www.nhsggc.scot/staff-recruitment/staff-support-and-wellbeing/mindfulness/> **National Wellbeing Hub:** [**https://wellbeinghub.scot/**](https://wellbeinghub.scot/%20%C2%A0)**Sleepio App (for help with sleeping):** <https://onboarding.sleepio.com/sleepio/healthandcare-scot/171#1/1>**Daylight App (for help with anxiety):** <https://onboarding.trydaylight.com/daylight/nhsinform/332#1/1>  |
| **GGC Practical Resources**  | **NHS GGC website:** <https://www.nhsggc.scot/staff-recruitment/staff-support-and-wellbeing/> * All about money​
* Weight management​
* Smoking cessation​
* Active staff ​

**Support and Information Services** – in largest acute sites or via phone: 0141 452 2387, sis@ggc.scot.nhs.uk​. Includes Staff Hardship Fund.**A Local Information System for Scotland** – find services, groups and activities for health and wellbeing across Scotland <https://www.aliss.org/>**The Company Shop** – discounted food from surplus stock, Renfrew Trading Estate, PA4 9EN  <https://www.companyshopgroup.co.uk> |
| **GGC Peer Support** | peer.support@ggc.scot.nhs.uk<https://www.nhsggc.scot/staff-recruitment/hrconnect/occupational-health/peer-support-network/> |
| **Videos used in the presentation**  | **Stress bucket video** [**https://www.youtube.com/watch?v=1KYC5SsJjx8**](https://www.youtube.com/watch?v=1KYC5SsJjx8%20)**Breathing exercise** <https://www.youtube.com/watch?v=uxayUBd6T7M> |

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| **Notes** Click here to enter text. |