

## Regional CPD Resources

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**Session Title: Working to be well: Wellbeing & Covid-19**

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**CPD Hours for Revalidation:**

**STEP competency No.:**

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## Session Aim & Objectives

### Aim

- To be aware of the triggers and symptoms of extreme stress and burnout .
- To be aware how to look after your wellbeing

### Objectives

- Tips to self care
- What to look out for post Covid-19 regarding your mental health.

## Disclosure

The presenter of this online learning session has no conflict of interest & has not received any income from a commercial supplier.



## Management of Stress and Burnout

- Recognise your symptoms both physical, emotional and psychological
- Reach out to your manager or colleagues to let them know how you are feeling.
- Use phones Apps on your phone to help with rest, breathing to regulate emotions unwind and sleep.
- Write down how you are feeling in journal or video dairy or voice note, be creative, it doesn't need to make sense.
- Consistent Exercise:- Really useful for anxiety as it releases Endorphins (happy hormones) it activates the neuro system.
- Drink enough fluids to stay hydrated.
- Practice healthy eating habits.
- Get enough sleep
- Take part in relaxing activities, such as yoga and meditation.
- Abstain from alcohol, tobacco and other illicit drugs

## 15 Signs of Stress and Burnout

- Exhaustion, lack of energy
- Headaches or stomach pains
- Increase of Isolating or withdrawn.
- Behavioural changes
- Increased irritability
- Frequent illnesses
- Neglect own self care
- Denial of feelings
- Alienation from non- work related activities
- Mental or physical collapse.
- Reduced creativity
- Poor performance
- Memory loss
- Neglect personal hygiene

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## References & Further reading:

Please reach out and get support it can save lives. Prioritising your emotional wellbeing, ensures that you can look after your patients better.

### Website links:

<https://www.headspace.com/covid-19>

<https://blog.calm.com/take-a-deep-breath>

*Helpline for emotional distress*

Get 24/7 help [Text 85258](https://www.giveusashout.org/get-help/)

<https://www.giveusashout.org/get-help/>

Campaign against living miserably

<https://www.thecalmzone.net/>:- 0800 58 58 58

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