

Core brief

Daily update

(9 December 2024, 11.55am)

Topics in this Core Brief:

- Looking after yourself and others – session on 13 December
- What Matters to You Day Annual Report

Looking after yourself and others – session on 13 December

Stress can impact our mental and physical health, and forgetting about our own self-care means we are less able to look after others. That's why it is so crucial for us to understand and prioritise self-care.



'Looking after yourself and others' sessions teach you about self-care and stress management and provide simple, yet effective techniques to boost yours and others wellbeing. Learning how to cope with stress can help us feel better and more satisfied with life!

The Peer Support Team are delivering an interactive 45-minute live online session on **Friday 13 December** at **10.00am**, so sign up and learn how to manage your stress!

[Book your spot now](#)

Other dates and sessions are available and can be booked under the section *Level 1: Looking after yourself and others* on the [Peer Support webpage](#).

For any question or queries please contact: peer.support@ggc.scot.nhs.uk or visit: [Peer Support Network - NHSGGC](#).

What Matters to You Day Annual Report

What Matters to You Day (WMTY) was held on Thursday 6 June 2024.



The focus this year in NHSGGC was to encourage and promote examples of what matters to you conversations, using the strapline - "What matters to you, matters to us".

Key highlights from the WMTY 2024 report include:

- WMTY case studies
- Social media statistics
- Mini seminars and workshops
- Local activity.

The What Matters to You Day 2024 Annual Report is now available and can be accessed on the [Person-Centred webpage](#).

Remember, for all your latest news stories, visit the Staffnet Hub:
[GGC-Staffnet Hub - Home \(sharepoint.com\)](#)

Be Phishing and Vishing Aware!

Phishing and Vishing are forms of social engineering, a technique used to gain access to private information, often via email. It can cause a huge amount of damage, disruption and distress. To help prevent social engineering attacks at NHSGGC and at home, remember N.E.T.

No Trust
Verify, via alternative means, the identity of those sending unexpected messages, even if the contacts are known to you.

Educate Yourself
Complete the Security and Threat module on LearnPro. Check online sources to see if emails, SMS messages or other forms of social engineering attacks are known or commonplace. Remember, educating yourself can protect you in both your work and personal life.

Think First
Successful attacks generally require a sense of urgency. Stop! Take a moment to reflect and investigate, this can show these attacks for what they are.

Managing technology and data safely and securely is everyone's responsibility throughout NHSGGC.
For further information, visit: [FAQ---IT-Security-v0.2.pdf](#)

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

**It is important to share Core Brief with colleagues who do not have access to a computer.
A full archive of printable PDFs are available on [website](#)**