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

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|  | 1. **What do you notice when you’re feeling stressed?** |
| **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?** | |
| *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?** |
| 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?** |
| 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?** | |
| **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](mailto:lgbtforum@ggc.scot.nhs.uk)  **BME** ggc.bmestaffnetwork@nhs.scot  **Disability** [ggc.staffdisabilityforum@ggc.scot.nhs.uk](mailto: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 )  **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](mailto: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](mailto: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. |