



## NHS Staff Care and Wellbeing team (available to Health and Social Care colleagues)

The Staff Care and Wellbeing team provide spiritual care and wellbeing to any staff who work in health and social care across the NLC and the NHS.

The 24 hour helpline number is 01698 752000 and email is [staffcare@lanarkshire.scot.nhs.uk](mailto:staffcare@lanarkshire.scot.nhs.uk).

### Individual and team support options include:

**Stress Management Workshop** – looking at some of the causes of stress and areas staff may want to reflect on as they build coping strategies.

**Resilience Toolkit** – working through a number of suggested activities/areas for consideration that can help build resilience.

**Resilience Workshop** – this focuses on how we, usually unwittingly, can undermine our own sense of well being and resilience. It looks at how the language we use, towards ourselves, can be quite destructive; set up unrealistic expectations; be changed to become a more positive influence.

**Story Telling for Change** – this is a guided workshop that uses storytelling (in a very affirming, non threatening way) to celebrate gifts, strengths, abilities.

**Psychological Safety Workshop** – this looks at what Psychological Safety is and isn't; why it is important and how to go about building it.

**Mindfulness Session** – looking at the theory behind Mindfulness and its usefulness in stress management/reduction. This can be followed by a short Mindfulness Session.

**Session looking at Grief** – this is looking at how we grieve many different losses, not just following a death. Grief is also present in things like the loss of a job, a role, a routine, a hoped for event, an ambition. When there is constant change grief can be an issue so understanding that and how we navigate it can be very positive.

Confidential 1-1 sessions can also be arranged for individual staff members.

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