



Lancashire &
South Cumbria

PRIMARY CARE TRAINING HUB

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SELF KINDNESS TOOLKIT

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6 Rs of Resilience

Responsibility

Take responsibility for your own mental health, wellbeing and resilience.

Reflection

Reflecting on how you are, what is happening and how you are feeling about things.

Relaxation

Relaxing in a way that suits you, such as gardening, reading a book and mindfulness practice.

Relationships

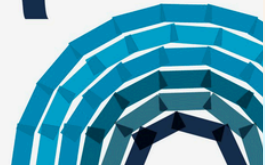
Building supportive relationships with friends and family by phone or online. Know who to turn to or talk to when times are difficult.

Refuelling

Eating a healthy diet, being conscious of alcohol intake.

Recreation

Taking regular exercise, and having fun.



Start at the bottom and work your way up



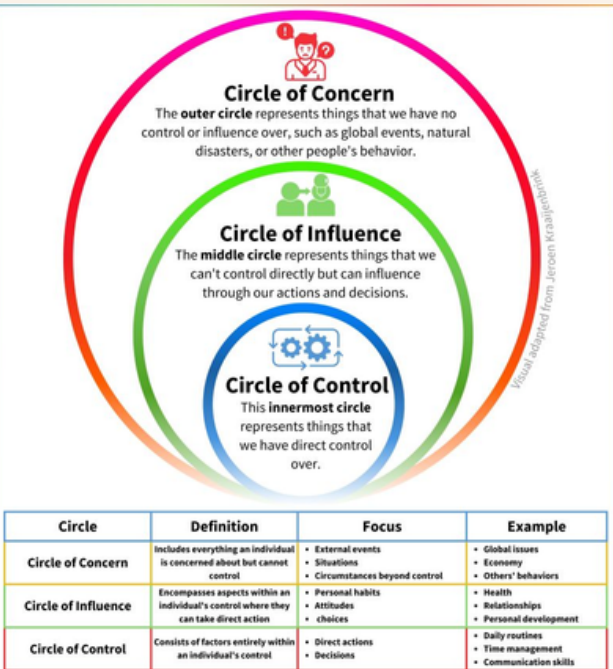
RESPONSIBILITY: THE WORRY TREE AND SOLUTION FINDING

A worry tree is a structured technique that helps you identify and manage your worries by distinguishing between problems you can solve and hypothetical worries that are out of your control.

It can also help you decide what to do right away and what needs to be scheduled for later



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RESPONSIBILITY: CIRCLES OF CONTROL

When we are worried or anxious we can often feel we have no control over a situation or how to change it.

This can prevent us from taking actions which may help.

Circles of control can help to determine what can be controlled and influenced, and allows us to focus on how we can move forward.

Step 1- Write down all the things that are causing worry or anxiety

Step 2- Draw three circles on a piece of paper

Step 3- Use your list to organise your worries into what you can control, what you can influence and what you have no influence or control over.

Step 4- Think of one thing you can do to ease one of the worries you have control over



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1. How do I feel?

Write down how you feel about making this decision.

2. What is stopping me deciding?

Remember do what is best for you, not others. What is that?

3. What is good and bad about this decision?

Write down all the reasons for and against what you are thinking of doing. Use this to decide what to do.

4. Recognise your fears

It is normal to be worried about making changes. Say that you will make a decision.

5. Set a time limit

Give yourself time to make a good decision – but also set a time limit for making it.

6. Think about your decision

What was easy or difficult about making this decision? What will you do differently next time?

**RESPONSIBILITY:
MAKING
DECISIONS
CONFIDENTLY**



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1. Consider a recent change in your life.



2. Write down all of the positive and challenging emotions you had about it.



3. Consider why you felt like that.



4. Think of all the people and resources you have that can help you cope with changes.



This could include friends, family, and people or services in your community.

5. How will they help you to cope well with more changes?



6. What might you do differently in future?



REFLECTION: COPING WITH CHANGE



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Easy mindfulness activities for you to enjoy

Mindfulness activities involve no more than being fully present and engaged in the moment, and being aware of our thoughts and feelings without judging them or getting too caught up in them.



Cooking

Notice the smell and texture of each ingredient.

Focus on the precision of repetitive tasks, such as chopping and stirring.

Recognise the **taste and smells** of different foods as they cook.

Involve the **family** and reconnect.

Dancing

Move your body and dance if you can.

Put on music that you enjoy and notice how you feel when your body responds.

Notice how different **songs, lyrics and rhythms** make you feel.

Create a wellbeing playlist of songs that affected your mood positively.



Appreciate or tend to nature

Feel the texture of the soil, the roughness of weeds or the softness of flowers.

Take in the **smells** of freshly cut grass and nectar.

Look at the changing colours, textures and patterns of plants and flowers.

Listen to the sounds of birds, lawnmowers and watering of plants.

RELAXATION: MINDFULNESS



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Sleep is important for our physical and mental wellbeing. However, it is often most difficult to sleep during times when we need it most. Try and use the techniques below to help you wind down and set yourself up for sleep.

1. Journal before bed

Using a notebook or a piece of paper, you can write about anything; how you are feeling, tasks you completed, movements you made, or even worries and concerns that you have. If you have written down your worries, how about trying to do our 'circles of control' task with your list? Below is a template you can copy to help you get started.

My Journal

Today I am grateful for...	Things I'm worried about...
Movements I made...	Things I'm excited about...

RELAXATION: SLEEP TECHNIQUES



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2. Breathing exercises can help calm anxiety

Here are a few you can start with.



Breathing in colour

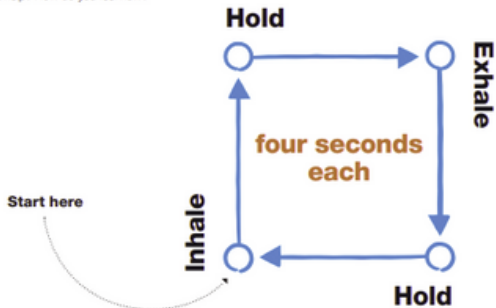
- Picture a colour you associate with happy, positive thoughts.
- Now picture another colour; for thoughts that are not positive.
- Take a slow breath in. Now picture breathing in that wonderful, positive colour. Imagine the breath is reaching your fingers and toes.
- Take a slow breath out and imagine you're breathing out the negative colour.
- Blow it far away from you.
- Repeat this exercise a few times.

Does it help? How do you feel now?

Box breathing

- Take a deep in breath. As you breath in, count to four slowly. Notice the air entering your lungs.
- Now hold your breath and count to four. Avoid inhaling or exhaling.
- Release your breath slowly, again for four seconds.
- At the end of your breath, hold it for another four seconds.
- Repeat this process as many times as you need.

Did it help? How do you feel now?



RELAXATION: BREATHING TECHNIQUES



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3. Set a routine

Try to set a time to get into bed to create a routine, helping your body get used to regular sleeping times.



4. Limit screen time just before sleep

If you can, also attempt to remove 'blue light objects', such as phones and laptops, from your sleeping space.

5. Do something for you

Finding something relaxing that you enjoy doing before bed can help towards a better night sleep. Maybe read something that interests you, dim the lights, have a cup of calming decaffeinated tea or listen to music.



RELAXATION: ROUTINE



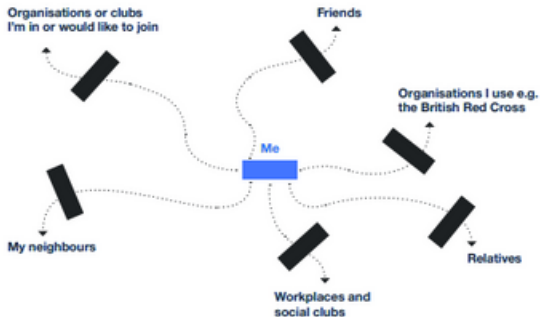
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We know many people who can help us, or who we can help when they are struggling. It can help for us to remind ourselves who they are.

Write down the names of the people you are connected to.

What do they do?

How can you continue to connect with them?



Think about **how these people help you**.
Then write down **how you help them**.

Who else would you like to meet?
How can your connections help you?
What can you do to help build and nurture these connections?

RELATIONSHIPS



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How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



exercising
with weights



yoga



or carrying
heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods



Go to a space outside that you love, such as a garden, park or leafy street. Try our mindful walking in nature routine.

- **Walk** at a natural, slow pace.
- **Focus on your breathing**, take a few deep breaths in through your nose and out through your mouth. Then settle into a natural rhythm.
- **Now take a look around you**; how does it feel to be outside?
- **Notice your senses**. What can you hear? What can you see? What can you smell? What can you touch?
- Are you able to **pick up a leaf, or touch the bark of a tree?** What do you notice about how they look and feel?
- When you are done, **shift your attention back to your walking**. How could walking in nature help others around you to feel more connected and how can you pass this on to help someone else?

If you are unable to go outside, **look out of a window**. Take a note of what you can see. You could draw plants or animals you have seen and try to find out their correct names, for example.



RECREATION



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Eatwell Guide

Check the label on packaged foods

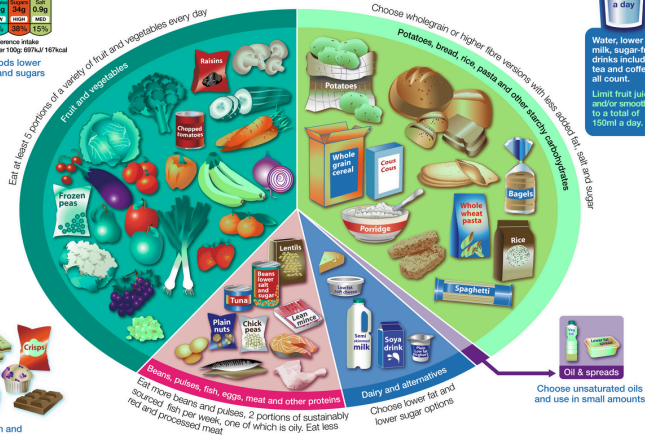
Each serving (150g) contains

Energy 1400kJ 330kcal	Fat 3.0g	Saturated 1.3g	Salt 0.9g
LOW	LOW	HIGH	MED
13%	4%	7%	35%

of an adult's reference intake
Typical values (as sold) per 100g: 800kJ/167kcal

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

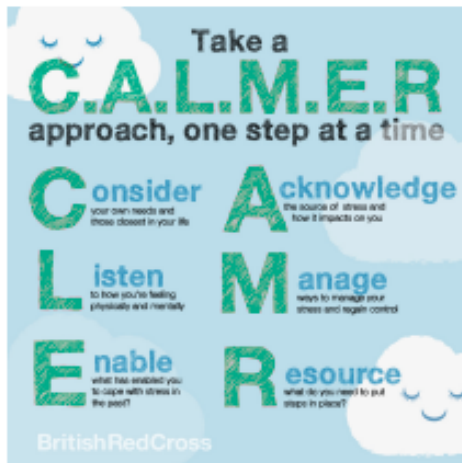
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



How to take the C.A.L.M.E.R approach to stress and anxiety

The C.A.L.M.E.R. approach is a useful acronym developed by the British Red Cross' psychosocial and mental health team. Using it will enable you to easily remember a few healthy steps you can take when you or someone you know feels anxious or helpless about the current situation.

Think of something you are going to do soon. How could using the C.A.L.M.E.R. framework help to make you more confident about it going well? Write this down and look at it again to keep reminding yourself of how this will help you to manage the situation well.



Thank you to the British Red Cross for providing information for this toolkit



HELPLINES

IF YOUR LIFE IS AT RISK RIGHT NOW

If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help. Please:

- Call 999 for an ambulance
- Go straight to A&E, if you can
- or call your local crisis team, if you have their number.

If you can't do this by yourself, ask someone to help you. Mental health emergencies are serious. You're not wasting anyone's time

LOCAL CRISIS TEAMS

The Lancashire and South Cumbria Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling 0800 953 0110.

It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services – ring it if you need to access services or for advice about someone who needs treatment/support.

Simply call: 0800 953 0110

FREEPHONE WELLBEING HELPLINE

The Wellbeing Helpline and Texting Service is a Freephone out of hours, person centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know. The Helpline aims to empower callers through active listening and information to make their own choices about how their health care needs may be met.

Simply call: 0800 915 4640



SAMARITANS

The Lancashire and South Cumbria Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling 0800 953 0110.

It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services – ring it if you need to access services or for advice about someone who needs treatment/support.

Simply call: 0800 953 0110



We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding

Tel: 0300 123 3393

For more info visit: www.mind.org.uk

SUPPORT AVAILABLE FOR OUR NHS PEOPLE



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WE ARE THE NHS:
People Plan 2020/21 -
action for us all



We are 1.3 million strong. We are all walks of life,
all kinds of experiences. We are the NHS.



Support options include:

- **Support for individuals** including access to a local staff mental health hubs, text support , free access to mental health and wellbeing apps, counselling options and lifestyle support guides
- **Support for teams** through learning and development opportunities for leaders and line managers such as coaching, counselling and mentoring programmes
- **Support for your organisation** which covers the various health and wellbeing programmes, toolkits and frameworks available to you



All of the latest support can be found via: www.england.nhs.uk/people

You can also contact the national team:

By email: ournhspeople.hwb@nhs.net

By Twitter: [@people_nhs](https://twitter.com/people_nhs)

THE HEALTH AND WELLBEING PROJECT



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Since 2021 the Lancashire and South Cumbria Primary Care Training Hub have been commissioned, by NHSE for the ICB, to support Primary Care with Staff Health and Wellbeing to:

- Develop a workforce that has an improved wellbeing
- Provide access to resources that enable our workforce to feel supported and empowered
- Demonstrate increased levels of positive culture and maturity
- Embed wellbeing leadership, and wellbeing leadership behaviours, into roles



CORRIE LLEWELLYN

Project Lead



NICOLA ALBANESE

Programme Champion

Wellbeing Programme Leads are working to promote, support and develop the wellbeing of our workforce and ensure that each organisation has a voluntary wellbeing champion.



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