



Hampshire and Isle of Wight



# Winter Wellness Toolkit





15 ways to cope with the

# Winter Blues

- 1 Make a list of the things you are grateful for.
- 2 Make a list of your strengths and how you plan to use them in the year ahead.
- 3 Pick out a specific problem you are experiencing and ask someone for help.

4 Wrap up warm and meet a friend in the park.

5 Pick a language you'd love to speak and learn how to count to ten.

6 Send a text to someone you haven't seen for a while.

7 Share with a friend something helpful you learned recently.

8 Ask someone about their day and listen deeply and fully to their response.

9 Write down any negative thoughts and challenge yourself to come up with realistic, helpful responses.

CLICK  
HERE



10 On the hour, every hour, take three deep breaths.

11 Pick a book of your choice and read a chapter a week.

12 Challenge yourself to an afternoon without devices. No screens before dinner!

13 Learn an Origami pattern and teach it to a loved one.



14 Take a 10 minute walk whilst listening to upbeat music.

15 Dance to the whole of the next song on the radio.



# Embrace Hygge

Hygge, pronounced "hoo-guh", is a Danish term to describe taking pleasure in everyday, ordinary moments to achieve contentment in life. It means creating a warm atmosphere to enjoy life with family and friends.

# Hygge and food

## Make time for 'Kaffee'

Taking time out to connect with others over a coffee, whether at home or at work, is good for your wellbeing.

## Plan meals like the Danish!

Think only a few days in advance. The Danish believe that setting a specific plan for your abbreviated grocery list allows you to be more intentional with your purchases.

It also reduces the volume and options of food in your fridge which can help with encouraging creativity (flavours & combos) and prevent food wastage.

## Eat in season

Eat what your environment offers and choose vegetables that are in season. They tend to have better texture, flavour and nutritional value - this also has a positive impact on the environment.





# Budget-friendly meals

## 10 easy budget family meals | BBC Good Food

Need some budget-friendly meal inspiration for busy weeknights? These simple recipes won't break the bank, are really easy to prep and packed full of fresh ingredients and flavour. Try innovative, cost-conscious recipes that will help you make stress-free midweek meals to feed four. Rustle up a veggie supper like no other or a hearty meat feast

<https://www.bbcgoodfood.com/howto/guide/10-easy-budget-family-meals>





# Coping with Seasonal Affective Disorder

Seasonal Affective Disorder (S.A.D) is a form of depression where the changing seasons have an effect on your mood and energy levels.

## Let there be light!

If you do find it difficult in the winter months with the darkness, consider investing in a SAD lamp.

You can sit by it during the day and it omits a frequency of light which helps the brain produce more happy hormones.

Sunrise alarm clocks, which gradually light up your bedroom as you wake up, may also be useful for some people.



Slides from the workshop are available on the [People Portal](#)

## Top Tips



- Try to get as much natural sunlight as possible – even a brief lunchtime walk can be beneficial
- Make your work and home environments as light and airy as possible
- Sit near windows when you're indoors
- Take plenty of regular exercise, particularly outdoors and in daylight – read more about exercise for depression
- Eat a healthy, balanced diet
- If possible, avoid stressful situations and take steps to manage stress



# Move your body!

Sometimes it's more fun to join in with others

If you can't make it in the morning you can access the sessions later on our YouTube channel:  
<https://bit.ly/3Jl43e8>

Join us live online  
7-7.30am, Mondays,  
Wednesdays, and Fridays

<https://www.hiowpeople.nhs.uk/events/live-fitness/>

*with Janice*



“ THESE MORNING CLASSES ARE BRILLIANT FOR ME AS JOINING A 'LIVE' GROUP GETS ME UP AND GOING IN THE MORNING AND I LOVE THE PERSONAL INTERACTION. ”

TEAM ADMINISTRATOR, SOUTHERN HEALTH

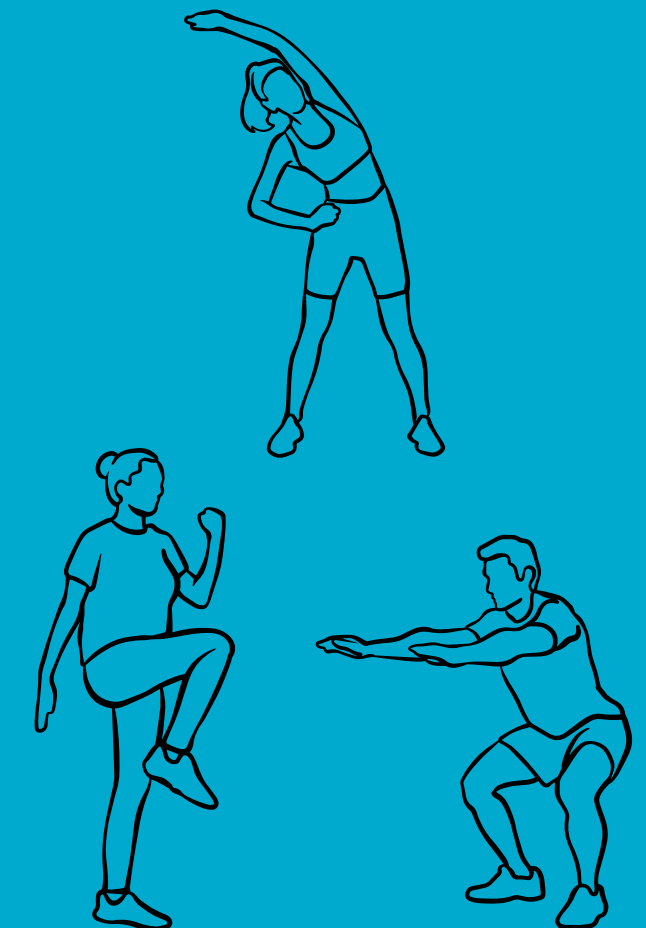
Access a range of fitness videos on the People Portal



### Fitness Videos

Fitness Studio exercise videos – NHS ([www.nhs.uk](http://www.nhs.uk))

 People Portal /





# Wellbeing in the workplace



## Wellbeing conversations

Have a wellbeing conversation with your manager or your team, making sure you know how to access wellbeing resources such as [the People Portal](#).

## Take a break!

Everyone needs time to rest, relax and recharge their batteries. Ensuring you take your annual leave, will help you to recharge, enjoy a holiday or spend time with family and friends. This is so important for your physical and mental wellbeing.

## Get your jabs

Boost immunity with the two essential vaccines being offered by the NHS ahead of winter - flu and COVID-19 booster. This will help you to be in the best possible health as you do your job.

CHECK OUT OUR NEW RESOURCES  
ON TAKING GOOD BREAKS



## Menopause impact

Be aware of the potential impact of the menopause and perimenopause for any colleagues who may be affected. You may need additional toilet breaks, cold drinks, or outdoor space for those wearing full PPE.

## Long COVID

If you or your team are affected by long COVID, speak to your manager about your concerns and ask to be referred to your Occupational Health team. For more help, visit [the People Portal](#), the online health and wellbeing resource for NHS people in Hampshire and Isle of Wight.

## Working from home

If you are working from home it's important to stick to a routine, ensuring you get regular breaks to take time out, away from your screen. Stay connected to your work colleagues through regular calls and catch ups.





# Taking care of each other at work



Compassion has four components. It means paying attention to the other person – listening with fascination, coming to an understanding of what is causing the other person difficulty or pain or distress, having an empathic response, and finally taking thoughtful or intelligent action to help them.



Prof Michael West – Fellow of The King's Fund

## If you are a leader or manager

You can care for and offer support to your colleagues by:

- ➔ Listening with empathy
- ➔ Offering practical help such as flexibility
- ➔ Signposting EAP services or other support services
- ➔ Investing in your team and creating a positive and supportive team culture
- ➔ Modelling good self-care – be compassionate to yourself as well as to others

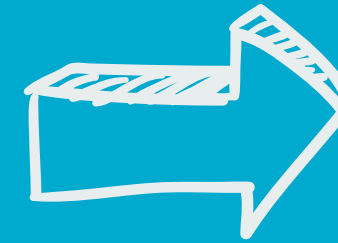


# Taking care of each other at work

## If you are part of a team

We can all play our part in making sure our teams are really good places to work by taking time to support our colleagues and finding ways to care for each other:

- Even if it is really busy and stressful, find a moment to go for coffee with someone.
- Say something kind and encouraging to a colleague. This can make a really big difference.
- Do something practical to help someone.



## Raising concerns

If things aren't quite right, you may wish to contact someone if you are concerned about an issue or want to raise a problem.

You may may wish to contact:

- Your manager
- Your local Freedom to Speak Up lead – or [nationalguardian.org.uk](https://nationalguardian.org.uk)
- Professional body/ies
- Diversity and inclusion department
- Union representation



# Money and your mental health

The winter months with rising heating costs and the expenses of the festive period can put extra pressure on us, which can lead to stress and worry affecting our mental health and wellbeing.

## Employee Assistance Programme (EAP)

Your workplace offers a free, independent service to help you with a range of health and wellbeing issues.

Through your EAP you can get help with:

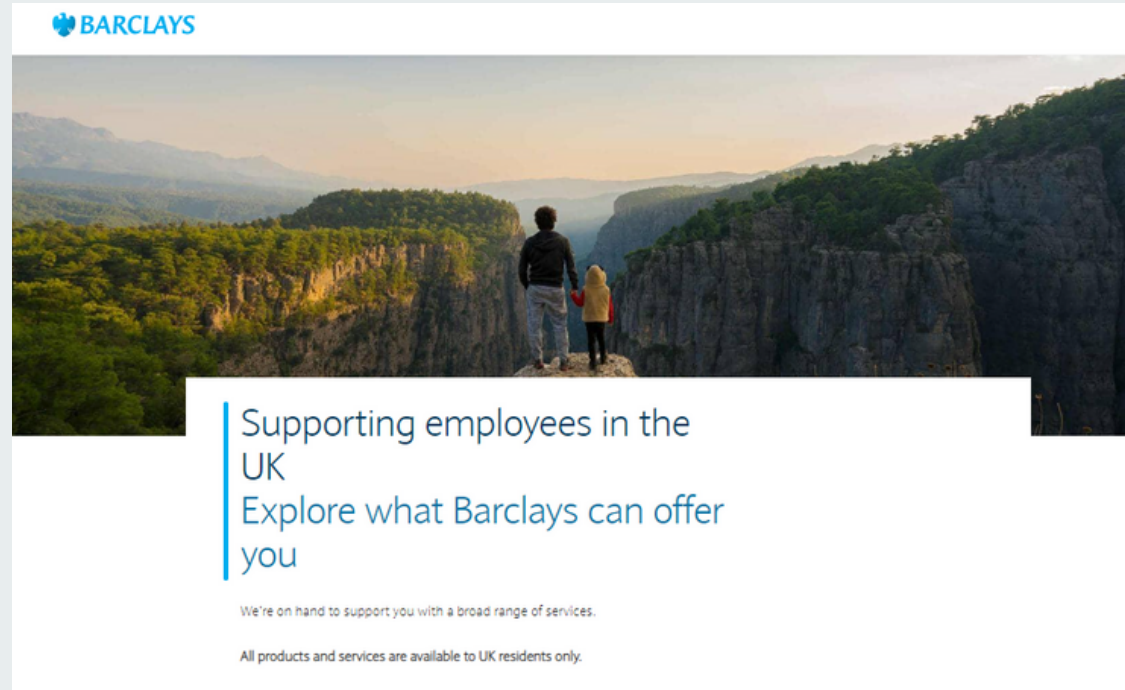
- **Your career** - training, interview advice, tips on how to work smarter and even working abroad.
- **Your health** - healthy living advice, care planning for long-term conditions and your family's health.
- **Modern living** - buying and selling a house, financial and legal advice, work-life balance, caring for pets, consumer tips.
- **Families** - parenting and child care, adoption, advice around ageing, adults with disabilities and home care for older relatives.
- **Your personal life** - families and relationships, grief and loss, stress, mental health support and problems with addiction.

Poor mental health means managing money is harder



Worrying about money makes my mental health worse





# Where to go for financial support

## Barclays

The Barclays Support website offers Free and impartial financial health and wellbeing support from our friendly experts at a time that suits you.

They providing a range of articles and resources, including frequent online webinars on different topics – This is a free service open to all.

- » Get savvy with top tips from Barclays money experts
- » Develop your skills with Barclays LifeSkills
- » Build your digital skills with Barclays
- » Barclays Money Mentors provide practical support to help you get on the right path to tackling your money challenges and achieving your goals.
- » Barclays Financial Guides can provide you with help, support and guidance for your short term goals and plans for the future.
- » Understand more about investing and saving

Explore what Barclays can offer to support you with your financial health and wellbeing, including a broad range of products and services available to all UK-based employees.

<https://www.barclays.co.uk/your-barclays-services/our-offer-to-you/?corporate=NHS-Hampshire-Southampton-and-Isle-of-Wight-9815>



# Where to go for financial support

## »» Money worries

Connect to Support Hampshire can provide information and advice to help with emergency food, fuel hardship, free school meals, housing advice, furniture, debt and money, tax and short term grants. [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

## »» Citizens Advice

Get help and advice on budgeting, mortgage problems, rent arrears, debt, banking and pensions. Visit Citizens Advice website for more resources and find your local branch: [www.citizensadvice.org.uk/debt-and-money](http://www.citizensadvice.org.uk/debt-and-money)

## »» Food Banks in Hampshire

If you can't afford to buy enough food, you may be able to get some short term help from your local Food Bank. Find your local Food Bank and community pantry here: [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

## »» Money Helper

Free and impartial advice is available via the Government's Money Helper website. Get support with benefits, family & care, savings, work and money troubles. Visit: [www.moneyhelper.org.uk/en](http://www.moneyhelper.org.uk/en)

## »» Money and debt advice

Southampton City Council has a list of a range of local charities and support services to help people with debt, welfare benefits and support for migrants from European countries. [www.southampton.gov.uk/benefits-welfare/money-advice/useful-contacts](http://www.southampton.gov.uk/benefits-welfare/money-advice/useful-contacts)

## »» Money and mental health

National charity Mind offers advice on organising your finances, claiming benefits when you have a mental health problem, dealing with services, and looking after your mental health when you're worried about money. [www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/](http://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/)



Make your own

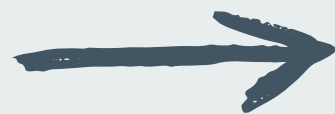
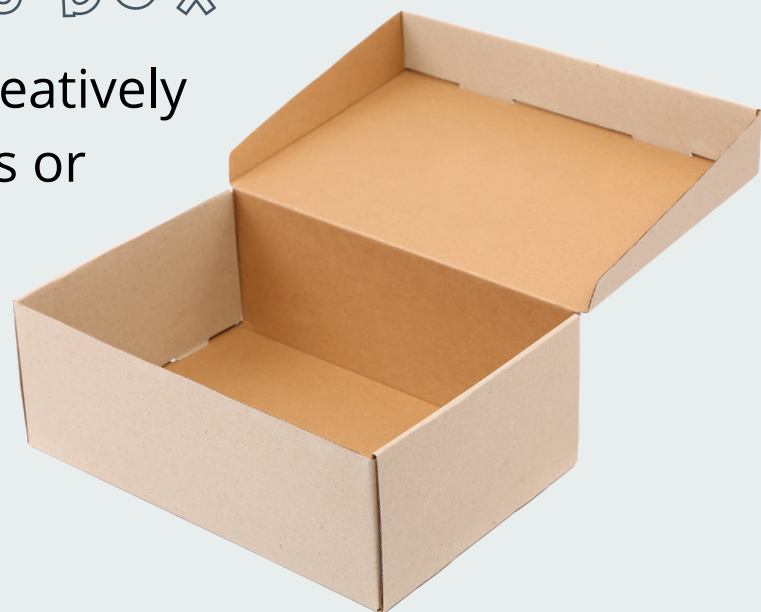
# Winter Self Care Box



A Self Care Box is a package that you create filled with your favourite items that soothe and bring you comfort. You could make one for yourself or a colleague as a much needed pick-me-up. Perfect for those days in winter where working out what to do next feels too tough.

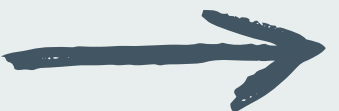
## Grab a shoe box

Decorate the box creatively with stickers, photos or paint.



## Throw in distractions

Include fidget spinners, tangle toys or stress balls to keep your hands busy, shifting your focus and helping to use up nervous energy.





Make your own

# Winter Self Care Box



## Pop in some TLC

Luxury items to make you feel fresh and nourished could include a bath bomb, essential oils, a lip balm or hand cream.



## Add calming smells

Relax with a comforting, familiar smell. This might be a candle or a jumper that smells like your favourite person or washing powder.



## Enjoy a mindful moment

Add some sachets of your favourite hot drink.



## Journal your thoughts

Write out and drop in some positive affirmations: statements and beliefs that can ground you and help you speak to yourself kindly.





# Take control with The Worry Tree

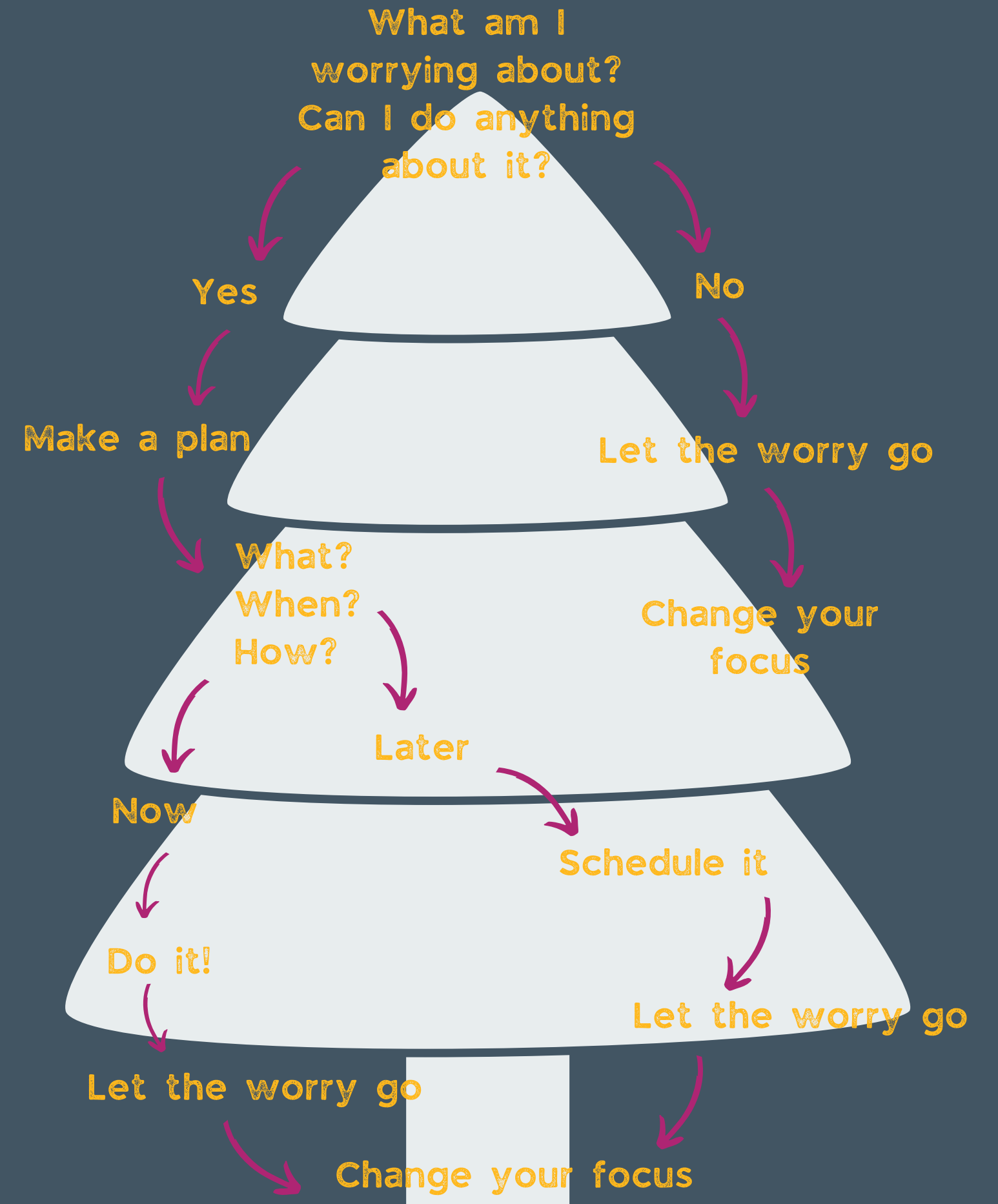
There are always practical steps we can take that will make us feel more in control of our worries. This worry tree may help you get to the bottom of those intrusive thoughts that pull focus away from day to day life.

It's helpful to think about the kind of worry you have, as they can normally be separated into two categories: hypothetical situations and current problems. Hypothetical situations are those "what if...?" thoughts about some terrible event that might happen. "My partner is late home from work - what if they've had an accident?" These thoughts are usually followed by imagining what would happen in those worst-case scenarios.

These kind of worries can cause us a lot of anxiety, when there is perhaps little or nothing we can do about that situation. Current problems are those worries that relate to a real situation, that we CAN do something about. In which case, we can decide what to do, when and how - which will be much more helpful than just continually worrying about it.

After using the tree, try writing down the worry and its outcome. If you feel the worry creeping back in, you can remind yourself of the decision you made, and bring your focus back to the present.

Information taken from [solentmind.org.uk](http://solentmind.org.uk) and [getselfhelp.co.uk](http://getselfhelp.co.uk)

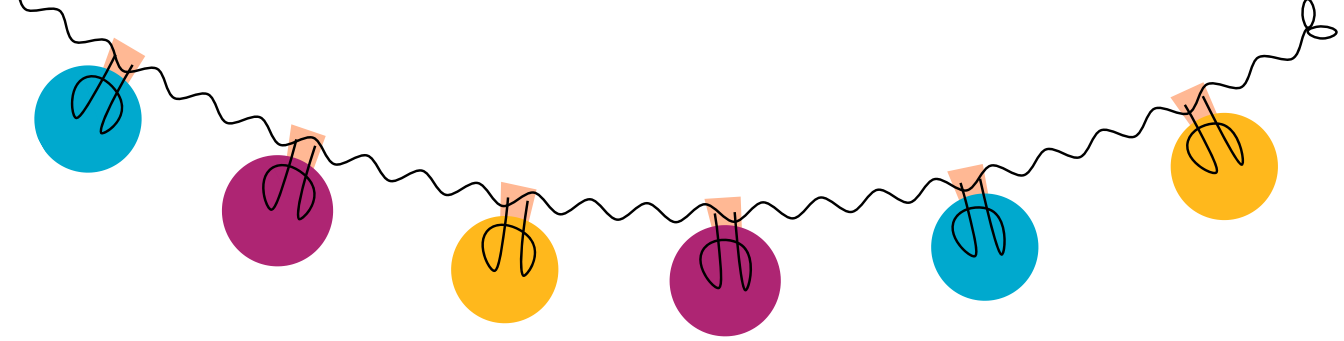






5 top

# Winter Wellbeing tips



1

## Get active

Exercise is a great way to boost your mood. If you are going for a long run or simply a brisk walk to the shops, getting your body moving is great for your mind.

2

## Keep learning

Trying new things and learning enhances self-esteem and encourages social interaction and a more active life.

3

## Get connected

Try to find time each day to connect with others. Meet a friend for dinner or give a family member a quick call.

4

## Take notice

Be mindful and notice the moment you are in. Try meditation, yoga, breathing exercises or simply spending time in nature.

5

## Give back

Doing things to help others can really boost your own feelings of wellbeing. Look for volunteering opportunities or check in on an elderly neighbour.



# Where to go for support

Follow us on [twitter](#) or [LinkedIn](#) to keep up-to-date with our workshops and offers

## your PEOPLE PORTAL

From one-to-one support to training and coaching, use this website to discover what's available to you to help you stay happy and healthy at work.

[www.hiowpeople.nhs.uk](http://www.hiowpeople.nhs.uk)

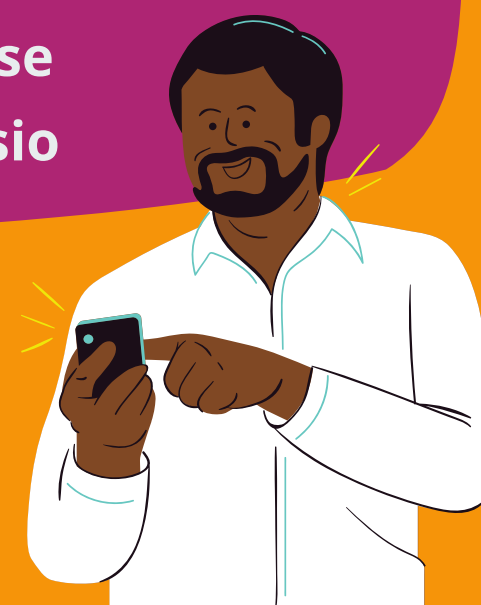


## Hubs with resources, videos and self help



## One-to-one support

EDNA  
Employee Assistance Programme  
Mental Health  
Menopause  
Staff physio



## Easy access

No need for passwords or intranets: visit from the comfort of your home using your mobile, tablet or computer.

Visit our website to

» sign up to our newsletter

» follow us on socials



# your PEOPLE PORTAL



[www.hiowpeople.nhs.uk](http://www.hiowpeople.nhs.uk)

Health and wellbeing advice, sessions and training for NHS and Primary Care colleagues.



Visit today to see what's available



STAFF PHYSIO SERVICE

**70%** of satisfaction survey respondents said the Staff Physiotherapy Service has prevented them needing to access support from their GP/other health professionals for their MSK issue

## Leadership Circles

A SPACE FOR PEOPLE MANAGERS AT ALL LEVELS TO COME TOGETHER, SHARE THEIR EXPERIENCES, BE HEARD AND WORK THROUGH COMPLEX CHALLENGES.

SIGN UP ON EVENTBRITE: [BIT.LY/449P60Y](https://bit.ly/449p60y)

A series of short, themed online sessions based on 14 principles for leading compassionately through challenging times.

Circles are multi-disciplinary, interactive and provide evidence-based guidance and tools.



## Want a better night's sleep?

Here are some tips to help



## ONLINE MENOPAUSE AWARENESS SESSIONS

Part of the Menopause Support Service for NHS and Primary Care colleagues in Hampshire and Isle of Wight.



## Staff listening sessions

Focussing on what matters to you

ALL SESSIONS ARE COMPLETELY CONFIDENTIAL AND DELIVERED BY OUR TRUSTED PARTNER INCLUSION INCLUDED.



## one-to-one appointment

with one of our **MENOPAUSE ADVISERS**

## Conversations on BURNOUT

A six-part webinar series with HAZEL ANDERSON TURNER

UNDERSTANDING AND PREVENTING BURNOUT FOR YOURSELF AND THE PEOPLE YOU WORK WITH



A 3-PART ONLINE SERIES WITH LEE CHAMBERS

Men's Mental Wellbeing  
Male Allyship and Inclusion  
Men and Menopause



## online yoga

Wednesdays @ 7pm

## STRESS MANAGEMENT COURSE



8 BITESIZE SESSIONS MONDAYS @ 12.30PM

## EDNA

Employee Disability and Neurodivergent Advice

THERE'S A LOT OF ASSUMPTIONS ABOUT WHAT PEOPLE WITH DISABILITIES CAN AND CAN'T DO

Amy Long, Inclusion and Belonging Consultant, University Hospital Southampton



## Fitness classes

Mondays, Wednesdays, Fridays: 7-7.30am

THESE MORNING CLASSES ARE BRILLIANT FOR ME AS JOINING A 'LIVE' GROUP GETS ME UP AND GOING IN THE MORNING AND I LOVE THE PERSONAL INTERACTION.

TEAM ADMINISTRATOR, SOUTHERN HEALTH

## MENOPAUSE MEET-UPS

Virtual meet-ups to provide a safe space to talk about menopause. Everyone is welcome.



# NHS

WHERE TO GET URGENT HELP FOR MENTAL HEALTH

## Fitness classes

Mondays, Wednesdays, Fridays: 7-7.30am

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TEAM ADMINISTRATOR, SOUTHERN HEALTH

Discover how to recharge during your break

## GOOD BREAKS

Your online toolkit for taking a good break





Visit the Winter Wellness resources on the People Portal for upcoming workshops



click or scan here



Supporting **MENTAL HEALTH** with **SAMARITANS**

- >> What to look out for
- >> How to access support
- >> Asking colleagues if they're OK



**SLEEP SKILLS** with **Humble**



**Compassionate Employers**

with  **Compassionate Employers**

We are working in partnership with Affinity Connect, please see their communication below.

your financial wellbeing.

Grow your knowledge with us

**1 HOUR 30 MINUTE course**

