

# Looking after your mental health and wellbeing

– it's on a continuum - use the traffic lights to check how you're feeling and things you can do to help

<h2>ME ON A GOOD DAY</h2> <p>Think about your normal you. If you know what you are like on a good day you are more likely to notice when things change.</p>	<h2>I'M NOT FEELING MYSELF</h2> <p>Have you or others noticed a change to your normal? This hasn't just been one day, it has been a few days, maybe longer.</p>	<h2>FEELING UNWELL</h2> <p>The way you are feeling is causing problems in your home life, work life, personal life and your physical health. This has been going on for more than a month and it's not getting better.</p>	<h2>FEELING VERY ILL</h2> <p>How you are feeling is making it impossible to keep going.</p>
<ul style="list-style-type: none"> <li>• How do you normally sleep?</li> <li>• What is your normal appetite like?</li> <li>• How often do you see friends?</li> <li>• What are your energy levels like normally?</li> <li>• How do you normally cope with stressors, with demands from other people, with things that seem complicated or unclear?</li> <li>• On a good day, how do you feel about asking for help when you need it?</li> </ul>	<ul style="list-style-type: none"> <li>• Can't sleep or sleeping too much</li> <li>• Feeling more tired than usual or having no energy</li> <li>• Worrying more, irritable or snappy</li> <li>• Seeing other people less / avoiding people</li> <li>• Feeling overwhelmed</li> <li>• Any of us can feel this way at times. When times are tough it's more likely we see these changes in ourselves and others.</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling sad, anxious or hopeless and it's not going away</li> <li>• Falling out with loved ones / colleagues – becoming a regular thing</li> <li>• Finding it hard to do your normal day to day things</li> <li>• Persistent loss of appetite or eating more</li> <li>• Using more alcohol or drugs / using them more regularly</li> <li>• Having thoughts or feelings that you find difficult to cope with</li> </ul>	<ul style="list-style-type: none"> <li>• Overwhelming feelings of sadness or anxiety that don't go away / no enjoyment in life</li> <li>• Thoughts that life is not worth living</li> <li>• Feeling helpless or hopeless about things changing</li> <li>• Feeling tired all the time</li> <li>• Thinking you want to escape / don't want to be here</li> <li>• How you are feeling has really floored you</li> </ul>

You may find it helpful to use some simple screening tools to check your mood and track it over time. This can help you think about whether how you are feeling is something you need to get some help with. The following are free Apps that can be downloaded to your preferred device. They are not a substitute for professional assessment but can be helpful for monitoring your mood. Other versions of the PHQ9 and GAD 7 are freely available on the internet.



### Pocket Mood Tracker

Uses validated brief measures (PHQ9 and GAD7) to track depression and anxiety symptoms.



### PTSD Test

Uses a validated measure (PCL-5) to screen for post-traumatic stress disorder.





<h2>THINGS TO DO</h2> <p>Continue to look after yourself.</p>	<h2>THINGS TO DO</h2> <p>It's not great when you feel like this - what can you do?</p>	<h2>ACTIONS TO TAKE</h2> <p>Talk to someone who can help you – this includes some professional support options.</p>	<h2>GET SOME HELP</h2> <p>Prioritise getting help now</p>
<p><b>Continue to look after your mental and physical health</b></p> <ul style="list-style-type: none"> <li>• Keep talking to the people you trust</li> <li>• Make time to enjoy things that give you pleasure</li> <li>• Make use of regular 1:1 and team conversations to help build trusting &amp; supportive relationships.</li> <li>• Use supervision to review your role ensuring you and your supervisor discuss challenges that you might face and any support you need with these.</li> <li>• Make use of any reflective practice opportunities to reflect on the emotional impacts of work, learn from challenges and to gain support from colleagues</li> <li>• Offer support to colleagues routinely – being kind to others can be good for our own wellbeing</li> <li>• Keep up the good work looking after your wellbeing - review the support and tools on the Staff Support page of Insite (you'll find this under Staff Hub / Staff Support)</li> </ul>	<p><b>Feeling like this is common and you can do things to lift your mood and help you cope with stress</b></p> <ul style="list-style-type: none"> <li>• You might want to monitor your mood using one of the tools below. This can help you notice if things are improving or getting stuck</li> <li>• Talk to someone about it</li> <li>• Eat healthily, exercise &amp; and get enough sleep.</li> <li>• Take regular time to do something you enjoy</li> <li>• Avoid alcohol and drugs as a way of coping</li> <li>• Check the support and tools on the Staff Support page on Insite (you'll find this under Staff Hub / Staff Support) Lots of options – all confidential – all free.</li> <li>• Talk through concerns with your line manager and supervisor – your wellbeing is an important issue in supervision</li> <li>• Make the most of the Staff Networks in the Trust – they are great sources of support and advice.</li> <li>• Contact Care First - just call 0800 174319 to talk through any worries (personal, family and work). They offer a free 24/ 7 professional confidential helpline. No need to ask your manager first</li> </ul>	<p><b>As you would with any health problem that persists, get some help.</b></p> <ul style="list-style-type: none"> <li>• You might want to monitor your mood using one of the tools below. This can help you check if problems with low mood and anxiety are persisting.</li> <li>• Speak to your GP and show them where you are on here</li> <li>• Talk to people you trust about how you are feeling - family, friends, work, support groups to help you to find ways to cope</li> <li>• Speak to your local IAPT service – they provide professional help with anxiety and depression. You can find your local IAPT by typing Find an NHS psychological therapies service (IAPT) into your search engine. You can refer yourself and our local services are prioritising health and social care staff.</li> <li>• Speak to your line manager or HR Advisor to discuss how the Trust's occupational health services may be able to help you.</li> <li>• Contact Care First - just call 0800 174319 to talk through any worries (personal, family and work). They offer a free 24/ 7 professional confidential helpline. No need to ask your manager first.</li> </ul>	<p><b>As you would with any serious health problem, make getting help a priority.</b></p> <ul style="list-style-type: none"> <li>• Make an urgent appointment to speak to your GP and show them where you are on here</li> <li>• Use NHS 111 to talk to someone</li> <li>• If you don't feel you can keep yourself safe, ring 999 or go to A&amp;E</li> <li>• Speak to your line manager to make them aware of how you are feeling and consider seeking advice from your GP on whether you are fit to remain at work during this time.</li> <li>• You can access a range of professional services through your GP or an occupational health referral.</li> </ul>

