

Emotional Health and Wellbeing

Lynn Franklin AWP



Question



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Are you aware of your own
Emotional Health?



- ❑ Emotional Health and Wellbeing
- ❑ Covid 19 Impact
- ❑ Recognition of good & declining emotional health
- ❑ The Impact of Emotional Health
- ❑ Relevance to safeguarding
- ❑ Help / raising concerns



Wellbeing:



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- ❑ Not simply an absence of disease or infirmity.
- ❑ How you are feeling and how well you can cope with day-to-day life.
- ❑ WHO defines Wellbeing as “a state of complete physical, mental and social wellbeing” emotional /psychological wellbeing is one element.
- ❑ Mental wellbeing just as important as physical wellbeing.
- ❑ Maintaining both is an important part of staying fit and healthy.
- ❑ May change from day- day.



Emotional Health



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Being emotionally healthy is greater than being free from depression, anxiety or other psychological problems.

Emotional health and wellbeing affects:

- Interactions with others
- Response to feedback and criticism
- Interpretation of what others are doing and why.
- Feelings of self - confidence
- Ability to feel and express a range of emotions
- Development of self-awareness & resilience
- Cope with daily life stresses, change & uncertainty
- Build & maintain positive relationships with other people.



Our brains were not designed for constant notifications, endless channels, multiple apps, 40 hour weeks (plus 5 social events), texts, messages, emails and whatsapps.



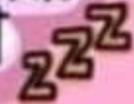
No wonder we feel overwhelmed, frazzled and on high alert.



Let's slow down, turn off, reschedule and delete whenever we can.



It's time to give our minds the quiet and the rest they need.



mellow doodles

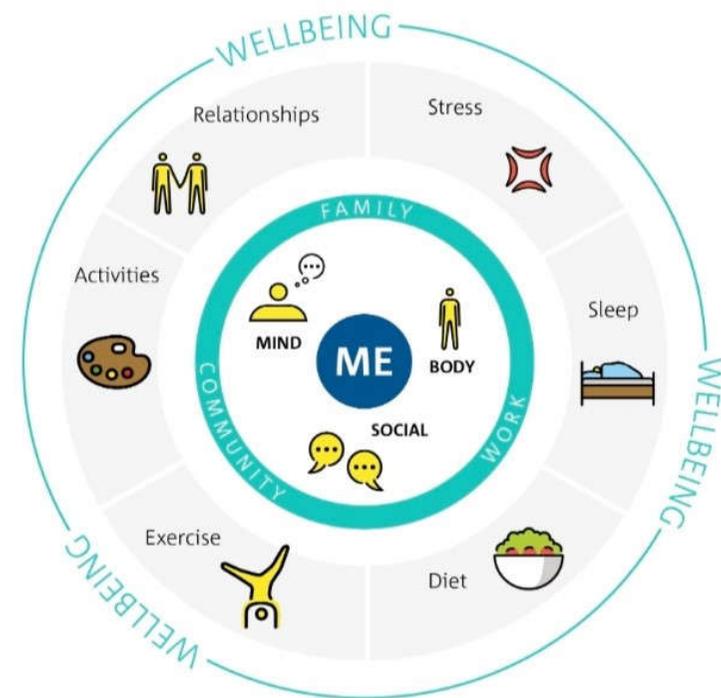
Emotional Health & Wellbeing: should I worry?



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Our emotional health has an impact on others, on our work and performance and on safety. The impact can be positive or negative.

The skills to maintain good emotional health are key to succeeding and thriving in our professional and personal lives.



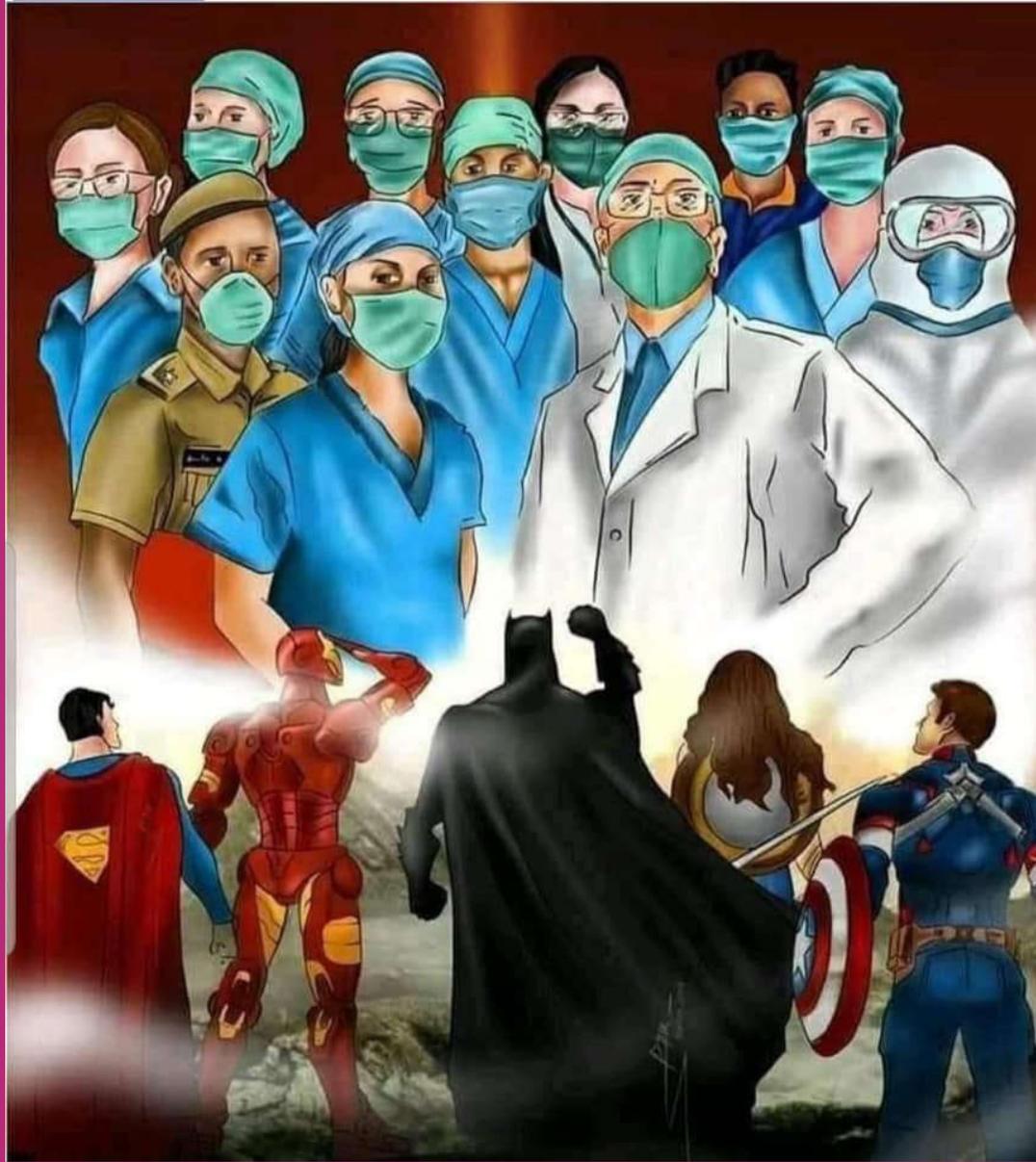
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Would you feel able to ask for help when
you feel emotionally fragile?





Covid Impact

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- ❑ Remote working / Teams Meetings
- ❑ Working from home
- ❑ The mental strain of working from home is being seen all around the country.
- ❑ E-Presenteeism - need to show they are constantly working and answering emails.
- ❑ Research from LinkedIn says people are on average working an extra 28 hours per month.
- ❑ Mental health research showed people felt anxious about working from home, and risked burn out if we maintained 'business as usual expectations'





I don't want to adult anymore.
Don't even want to human.
I want to goat.
Jump around randomly.
Eat what I want.
And head butt anyone who annoys me.

Selfcare For Emotional Wellbeing

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5-MINUTE *Self-Care*



**STEP OUTSIDE
FOR SOME
FRESH AIR**



**DRINK SOME
WATER**



**DO A SHORT
MINDFULNESS
BREATHING
EXERCISE**



**FIND
SOMETHING NEW
TO LEARN THAT
YOU ENJOY**



**LISTEN TO
A SONG
THAT MAKES
YOU SMILE**



**STRETCH OUT
TO RELEASE
ANY TENSION**



**WRITE DOWN 3 NICE
THINGS ABOUT YOU**

Resilience

- ❑ Emotional resilience refers to the ability to adapt to stressful situations or crisis.
- ❑ When stress, adversity or trauma occur you will still experience anger, grief and pain but will be able to keep functioning.
- ❑ Through self care and improved wellbeing we can improve our physical and mental resilience.





- YOU -
CAN be a
Strong person
and still
struggle

Emotional Health under Pressure



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- ❑ Stress “a state of mental or emotional strain or tension resulting from adverse or demanding circumstances”
- ❑ It occurs when situational demands exceed our perceived ability to cope.
- ❑ Managing your stress to an acceptable level is an essential element of your personal wellbeing.
- ❑ There is no typical acceptable level of stress for an adult. Stress is an individual response: what you find stressful someone else might not.
- ❑ Failing to manage your stress can potentially impact negatively on you in the short and long term.



Emotional Health under Pressure

Potential Physical Health Warning Signs

Stress is a normal part of life & can be positive or negative.

The following may indicate you are struggling and your wellbeing is at risk:

- Exhaustion or trouble sleeping, feeling drained
- Breathlessness
- Headaches and dizziness
- Muscle tension or jaw clenching
- Chest pain or feeling like heart is racing
- Weight loss / gain
- Feeling sick



Stress is a normal part of life & can be positive or negative.

The following may indicate you are struggling and your emotional health is at risk:

- Feeling overwhelmed
- Feeling anxious or irritated, feeling 'on-edge', nervous
- Low self-esteem
- Difficulty concentrating and making decisions



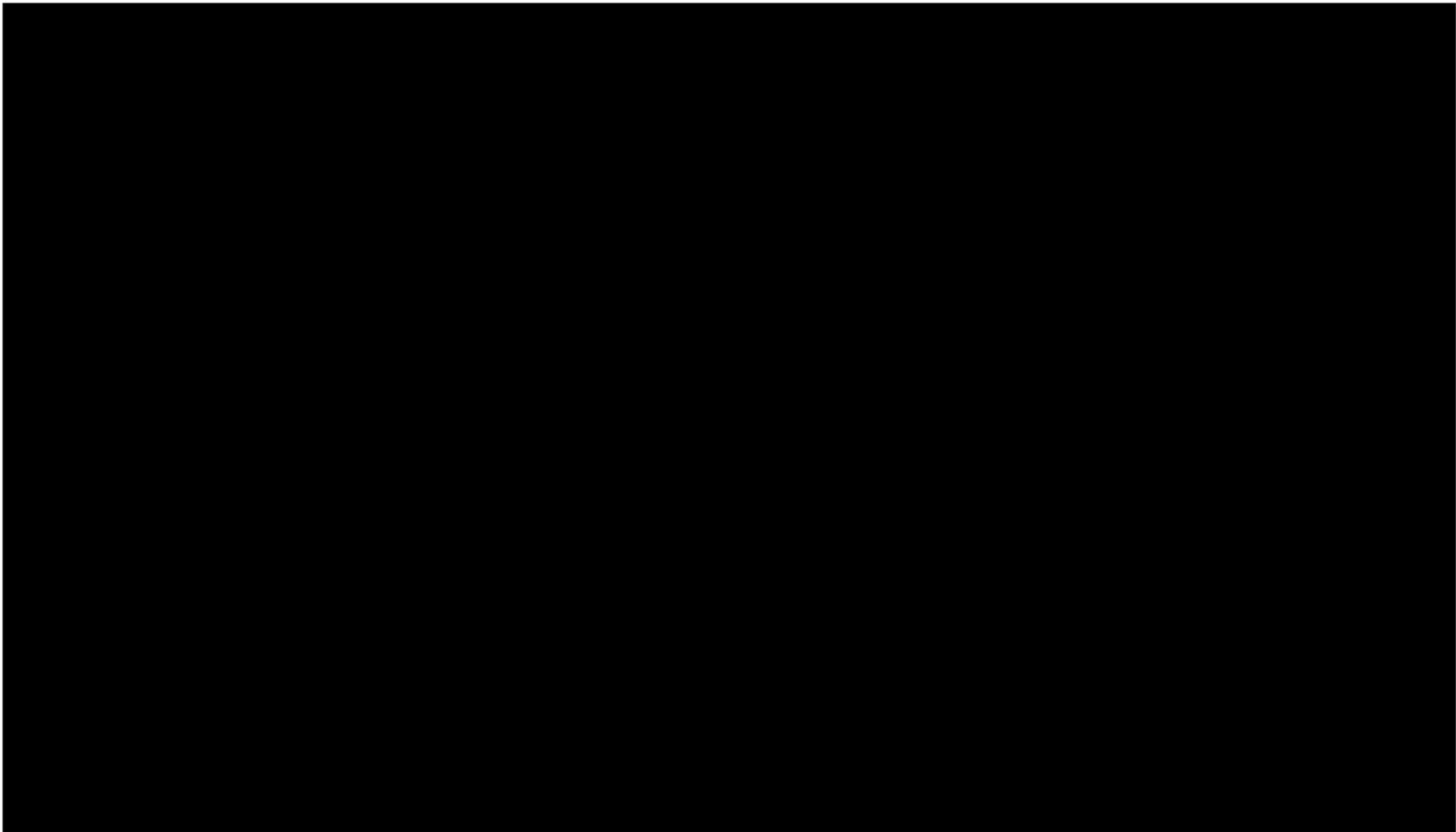
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What can you do to look after your own
Emotional Health?





Self Care Tips

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- Take care of yourself
- Connect with others, find your support network.
- Recognise your changing emotions.
- Set boundaries and limits
- Ask for help
- Be in the moment / mindful



Tools - Self Care Checklist



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- I have someone I can talk to about my feelings.
- I have good friends I can trust.
- I sleep well most of the time.
- I eat healthily most of the time.
- I do some physical activity regularly.
- I make time for the things I enjoy.
- I do things to help other people.
- I feel I achieve things.
- I know how to relax.
- I know what affects my moods.
- I am kind to myself about who I am.
- I look after myself during difficult times.





**How am I feeling? How am I coping?
What can I do to help myself and others?**

Self Care Tools - Traffic Light Table



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WELLBEING ACTIVITIES



<ul style="list-style-type: none"> • Exercise Daily • Diet and Hydration • Sleeping OK 	<ul style="list-style-type: none"> • Family Situation OK • Not Very Anxious • Positive Activities (Hobbies or Learning) • Low Stress Levels 	<ul style="list-style-type: none"> • Good Connections with Friends • Good Connections with Colleagues • Good Connections with Extended Family
<ul style="list-style-type: none"> • Occasional Exercise • Negative Change in Diet • Change in Sleep Patterns 	<ul style="list-style-type: none"> • Family Situation Unbalanced • Anxious About Situation • Irregular Positive Activities • Manageable Stress Level 	<ul style="list-style-type: none"> • Limited Connections with Friends • Limited Connections with Colleagues • Limited Connections with Extended Family
<ul style="list-style-type: none"> • No Exercise or Activity • Irregular or Unbalanced Eating • Disturbed Sleep/ Tiredness 	<ul style="list-style-type: none"> • Family Situation Negative • Constant Anxiety • No Positive Activities • Feeling Constantly Stressed 	<ul style="list-style-type: none"> • Little or No Connections with Friends • Little or No Connections with Colleagues • Little or No Connections with Extended Family

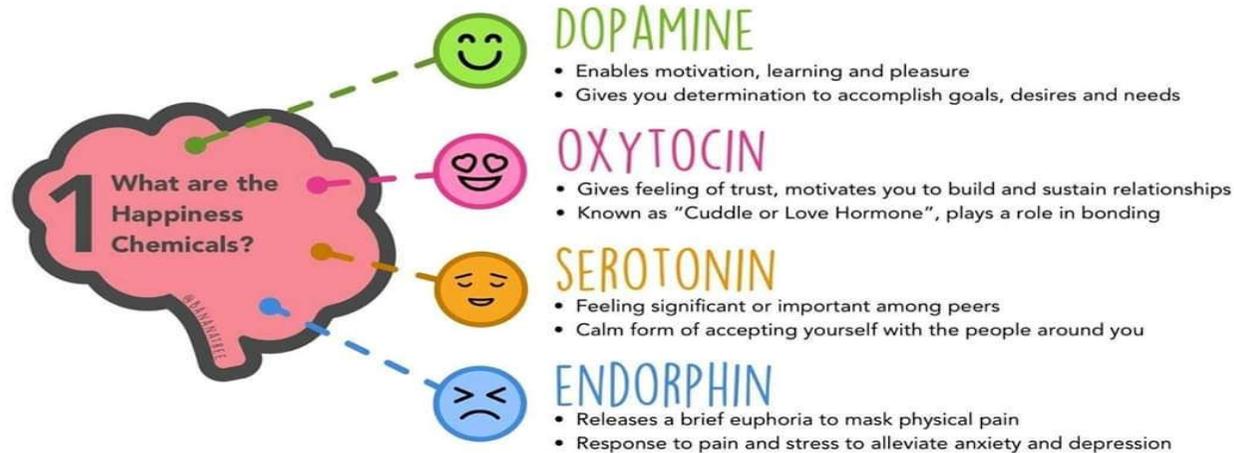
How do I feel?

How am I doing?

What can I do about the situation?

GET YOUR DAILY D.O.S.E.

How to get your daily DOSE of happiness chemicals



2 How Deficiency Affects You

- | | | | |
|---|---|--|--|
| <ul style="list-style-type: none"> procrastination low self-esteem lack of motivation low energy or fatigue inability to focus feeling anxious feeling hopeless mood swings | <ul style="list-style-type: none"> feeling lonely stressed lack of motivation low energy or fatigue disconnect of relationships feeling anxious insomnia | <ul style="list-style-type: none"> low self-esteem overly sensitive anxiety/panic attacks mood swings feeling hopeless social phobia obsession/compulsion insomnia | <ul style="list-style-type: none"> anxiety depression mood swings aches and pains insomnia impulsive behaviour |
|---|---|--|--|



3 How to Increase Happiness Levels

- | | | | |
|---|--|---|--|
| <ul style="list-style-type: none"> meditate daily to do list long term goals food rich in L-Tyrosine exercise regularly create something: writing, music or art | <ul style="list-style-type: none"> physical touch socializing massage acupuncture listening to music exercise cold shower meditate | <ul style="list-style-type: none"> exercise cold showers sunlight massage | <ul style="list-style-type: none"> laughter/crying creating music/art eat dark chocolate eat spicy foods exercise/stretching massage meditate |
|---|--|---|--|

Safeguarding & Wellbeing

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- ❑ Risk of overspill at Work
- ❑ Distracted , reduced concentration / loss of focus
- ❑ Higher risk of mistakes exhausted workforce
- ❑ Breakdown in working relationships
- ❑ Staffing shortages
- ❑ Risk of Compassion Fatigue



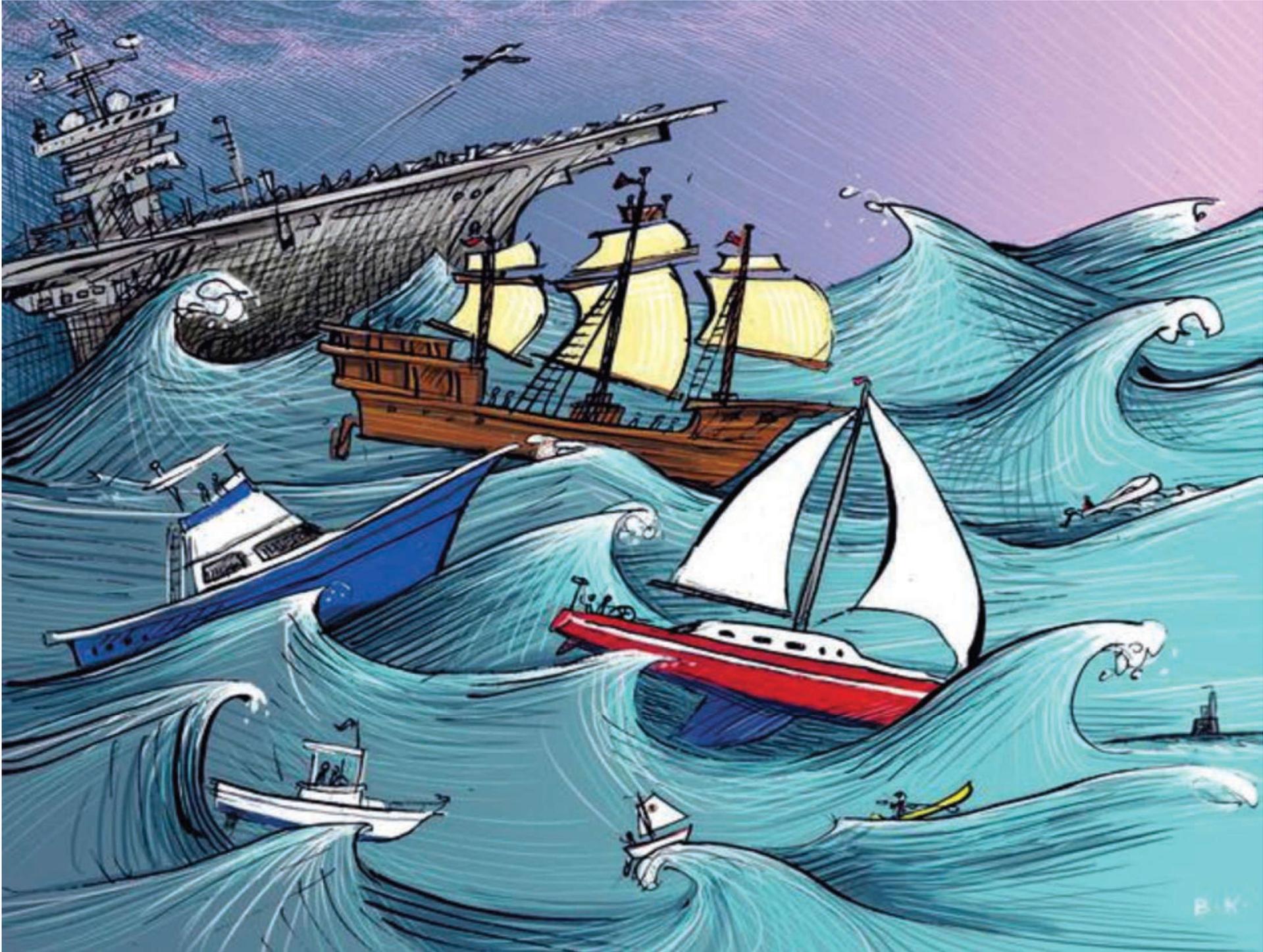
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- GP
- Staff support services
- Mental Health Crisis Lines
- Professional Bodies
- <https://www.mentalhealth.org.uk/publications>
- Citizens Advice
- Cruse Bereavement Care
- Samaritans 24-hour helpline
- Freedom to Speak up Champions





Remember

IT'S OK TO ASK FOR HELP.

IT'S OK TO START AGAIN.

IT'S OK TO SAY NO.

IT'S OK TO REST.

IT'S OK TO LET GO.

IT'S OK NOT TO BE OK.