

TAKE A LOOK AT SOME OF THE RESOURCES WE'VE CREATED



Self Care Bingo

by



Nottinghamshire Healthcare
NHS Foundation Trust

Taking care of your mental health and wellbeing is important so we thought we'd help you out with this Bingo game. Can you get a full house this week?

Take a full
lunch break
to switch off

Meditate
or try
some yoga

Take an extra
long bath
or shower

Get outside
and enjoy
nature!

Relax with a
good book
or magazine

Write down 5
things you're
grateful for

Dance or
Sing like
no-body is
watching!

Have an
early night
or have a
day time nap

Go for a
walk or do
some
exercise

Resources can be fully
branded to your Trust

My Wellbeing Pledge

Use the space below to make a pledge explaining how you can prioritise your wellbeing and mental health. Write your personal pledge below and display this next to your desk as a reminder.

I pledge to.....

PLEDGE MADE BY:

Name:

Signed:

Date:

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

Well-Being Word Search

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

Switch off and relax with this word search and see what inspiration you can find to help with your self-care this month!

Find these words

Active
Listen
Music
Learn
Meditation
Read
Nature
Self-care
Talk
Organise
Kindness
Yoga
Volunteer
Sleep

A	E	M	U	S	I	C	U	I	L	A	A	O	S
I	E	K	I	N	D	N	E	S	S	U	D	A	S
A	L	N	E	N	N	O	A	I	S	L	E	E	P
G	N	T	E	A	E	N	L	P	E	V	E	N	N
O	E	O	R	T	T	R	U	R	T	I	E	E	O
Y	E	R	D	U	S	A	R	E	A	D	O	I	I
I	S	G	E	R	I	E	D	E	G	A	N	L	T
A	E	A	A	E	L	L	U	T	V	E	E	P	A
E	L	N	I	S	U	T	I	N	A	T	E	V	T
N	F	I	D	A	R	A	K	U	T	T	R	A	I
V	C	S	A	E	E	E	T	L	N	N	N	R	D
E	A	E	V	I	T	C	A	O	A	F	I	P	E
A	R	L	I	Y	N	N	I	V	T	T	S	K	M
T	E	V	T	U	E	I	K	V	T	G	I	N	S

Soul Soothers

Try some of these ideas to help you relax and prioritise your self-care!

- Go for a walk and discover nature
- Try an online yoga session
- Start a daily gratitude journal
- Get creative - write a poem, draw or paint
- Play a board game or cards
- Have a Digital Detox Day

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Dear Colleague

We are writing to wholeheartedly thank you for your contribution and efforts to deliver clinical research over the past 18 months. Health and social care services are experiencing the biggest demands ever faced and we hope that you are as proud as we are about what you have achieved. As we head into winter months with the additional pressures this brings to the NHS, we know that you will be working incredibly hard to offer research opportunities to patients.

Your efforts have improved the current understanding, treatment and prevention of many disease conditions, including Covid-19, and will continue to improve care and outcomes for patients in the future.

Your knowledge, expertise and commitment has been outstanding, and we wanted to make sure that you know that your contribution is widely recognised and appreciated.

Thank you and please keep up the great work.

Yours sincerely

SF

Professor Saul Faust
Clinical Director
CRN Wessex

KU

Dr Karen Underwood
Interim Director of R&D
University Hospital Southampton

Chris Kipps

Professor Chris Kipps
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NHS
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NIHR | Clinical Research
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MEET YOUR WELLBEING CHAMPIONS!



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TIME TO... **REST** & *Re-charge!*

Self-Care IDEAS LIST

- ☐ Go for a walk and discover nature
- ☐ Try an online yoga session
- ☐ Start a daily gratitude journal
- ☐ Get creative - write a poem, draw or paint
- ☐ Play a board game or cards
- ☐ Try a new hobby - how about knitting or baking?
- ☐ Have a Digital Detox Day
- ☐ Listen to a podcast
- ☐ Write down all your strengths - aim for 5!
- ☐ Treat yourself to a face mask
- ☐ Dance in the kitchen to an upbeat song
- ☐ Practice a guided meditation
- ☐ Video call a friend or family member
- ☐ Do some exercise - did someone say HIIT?
- ☐ Light a candle or burn essential oils
- ☐ Relax with a new magazine or book
- ☐ Cook a new healthy meal or prepare a tasty dessert
- ☐ Have an afternoon nap or early night
- ☐ Watch some comedy or funny video clips

Thank you

...you are appreciated



TIME TO... REST

& Re-charge

What's in the Box?



Scented Therapy Balms

Containing an invigorating blend of essential oils, apply this Aromatherapy Balm to deliver an instant burst of positivity. Use your Scented Balm throughout the day on your pulse points. Check out all the Balms in the range including Sleep, Focus, Love, Be Happy, Escape and De-Stress to help you feel at your best.

- 100% Natural
- Handy Pocket Sized Balm



Gel Eye Patches

Enriched with Vitamin C and Glycerin these Gel Eye Patches will help refresh and brighten tired eyes. If your eyes are feeling the strain from Shift Work or Computer use, you can apply these miracle workers to help lock in moisture to improve your skins elasticity and reduce pigmentation.

- Vitamin C
- 4 pairs in a box - share me out



Clipper Hot Chocolate

At this time of year, it's nice to get cosy and warm and what better way than with a mug of Hot Chocolate. Made with Fairtrade cocoa and sugar, these are simple to prepare by adding hot water for the perfect drink on a chilly day or a little evening indulgence.

- Easy to make
- Fairtrade product



'Calm' and 'Unwind' Air Doh

This bright, squidgy and amazingly scented mouldable dough is a little tub of stress-busting sensory heaven! Infused with carefully selected aromatherapy oils, you can keep this in your pocket, bag or beside your bed. Containing a blend of Lavender, Juniper, Geranium and Rosewood.

- Great for stress relief
- Contains Essential Oils



Moo Free Chocolate

Moo Free is an ethical, family-owned UK manufacturer whose factories are based in Devon, England. Like all of their free-from chocolate, these bars are completely dairy-free, gluten-free, soya-free and are suitable for vegetarians and vegans. Enjoy a sweet treat today!

- Dairy-Free
- Vegan



Jelly Belly Sweets

Just a little sweet treat to give you a boost when you need it. These cute pyramid bags contain an assorted mix of jelly beans in the most popular flavours including Blueberry, Pear and Cherry! What's more at only 4 calories per jelly bean you can satisfy your sweet tooth, guilt free!

- Gluten Free
- Vegetarian



Lip Balm

The skin on your lips is thinner than everywhere else on your body, so protect this delicate area from air conditioning and heating by using this deliciously scented Lip Balm. This Moisturising Lip Balm will help protect your delicate skin and will keep your lips hydrated all day.

- Contains Shea Butter
- Two in a pack - share me out



Moisturising Hand Cream

Get Smooth and Soft Hands with this ultra-moisturizing hand cream. Enriched with Shea Butter, Jojoba oil & rose fragrance, soya bean oil this hand cream penetrates quickly to protect, nourish and moisturizes your hands. Rapidly absorbed with no oily traces, this hand cream doesn't need to be reapplied even after frequent hand washing.

- Fragrance and Paraben Free
- Contains Vitamin E



Smile Stand

This Smile Stand has been designed to help you feel happier and more content. This Gift can take pride of place on your desk to bring a little mindfulness into your team each day. Especially created to sit perfectly on the wooden stand, you can change the Positivity Postcards daily to the message that suits you best!

- Daily Mindfulness
- Changeable cards



VIDrate Sachets

These VIDrate sachets will help keep you hydrated! Available in eight tasty variations including Mixed Berry, Mulled Wine and Tasty Tropical, each sachet is packed with vitamins and electrolytes and contains zero sugar. Just add 500-700ml of water per sachet depending on how strong you like your drink. Enjoy!

- Zero Sugar
- Contains Vitamins and Minerals



Trek Bar

These delicious Trek bars are a great way to pack in a wholesome breakfast or tasty snack while you're on the go and need an energy boost! Open your Smile Box now to discover which treat is inside. Will it be the Classic Cocoa, Morning Berry, Salted Caramel or Smooth Lemon Flapjack?

- Vegan
- Protein Boost!

Mental Health signposting drinks coaster



TIME FOR A CHEMISTRY LESSON!

Making time to create joyful moments daily is a great way to pack more smiles and laughter into your life. We all know that doing things we enjoy can help us produce more of the hormones that boost our mood but do you know what each hormone does? Here is a quick Chemistry Lesson, so you'll know how to get those 'feel-good' hormones firing on all cylinders.

Dopamine is the Reward Chemical and associated with feelings of relaxation, motivation and euphoria.

Triggered when: you eat nice food, enjoy self-care activities, celebrate little wins or cross something off your to do list!

Serotonin is our Mood Stabilising Hormone and contributes to feelings of wellbeing, confidence and is linked to digestion & sleep cycle.

Triggered when: You do exercise (especially cardio!), spend time in the sunshine, take time out to meditate or have a massage.

Oxytocin is our Love Hormone and associated with feelings of closeness, trust and bonding.

Triggered when: you hold hands, play with a dog, hold a baby, give a compliment, or hug someone you care about.

Endorphins are our natural pain killers and known to help relieve stress, reduce anxiety and strengthen our immune system.

Triggered when: We listen to music and dance, laugh, exercise, use essential oils, and eat spicy foods and chocolate.

Turn over for some instant mood boosters

Practical tips, tools and resources

THE SMILE SANCTUARY

Generate more smiles and laughter starting today by using our checklist below. How many you can tick off this month?

- ☐ Go for a walk and discover nature
- ☐ Try an online yoga session
- ☐ Start a daily gratitude journal
- ☐ Get creative - write a poem, draw or paint
- ☐ Play a board game or cards
- ☐ Try a new hobby - how about knitting or baking?
- ☐ Have a Digital Detox Day
- ☐ Listen to a podcast
- ☐ Write down all your strengths - aim for 10!
- ☐ Treat yourself to a face mask
- ☐ Dance in the kitchen to an upbeat song
- ☐ Practice a guided meditation
- ☐ Video call a friend or family member
- ☐ Do some exercise - did someone say HIIT?
- ☐ Light a candle or burn essential oils
- ☐ Relax with a magazine or book
- ☐ Cook a new healthy meal
- ☐ Send a surprise package to someone you care about
- ☐ Have an afternoon nap or early night
- ☐ Watch some comedy or funny video clips



Find out more about
our Smile Stand by
[clicking here!](#)



Choose
from our
catalogue
of over 30
designs.

Or we
can create
something
for you!

