

# Personal Wellbeing

**Prioritising personal wellbeing is a celebration of self-love and vitality.** Taking the time to look after yourself is a powerful investment in your happiness and overall quality of life. When you make self-care a priority, you're not only nurturing your physical health but also fostering a positive mindset and emotional resilience.

Caring for yourself empowers you to navigate life's challenges. It's a journey of discovering what brings you fulfilment and incorporating those activities into your daily routine. Whether it's enjoying moments of tranquillity, engaging in activities that bring you joy, or simply practicing gratitude, self-care is the key to unlocking your full potential. By making your wellbeing a priority, you radiate positive energy, inspire those around you, and contribute to building a community that values and supports the flourishing of every individual. Embrace self-care as a delightful and essential part of your vibrant life.



## Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

They have now extended their free offer and are offering free access to all NHS staff with an NHS email address until 31 March 2024.



## Wellbeing Wheel

We encourage you through this plan to consider changes you might wish to make to support your health and wellbeing, and signpost those that can support you to get the most appropriate guidance and resources. If your health and wellbeing is impacting you at work, we strongly encourage you to discuss your plan with your line manager.



## Coaching about you and your wellbeing

Individual coaching is available with a skilled and experienced coach who will work with you to discuss any area of your wellbeing that you would like to address. They will listen, ask questions and support you to develop practical strategies to cope with your situation and stay well.



## JUCD Wellbeing Timetable

Your Wellbeing Timetable provides a wealth of workshops, webinars, courses, clubs, activities, and dedicated colleague-support cafés which are FREE to access for our Health and Social Care colleagues across our organisations.



## Self-care pack

Your Self- Care pack includes support for, financial matters, mental and psychological wellbeing, physical wellbeing, lifestyle and family, and menopause support. In addition, a handy list of discounts is also provided.



Scan the QR codes to view useful resources associated.