

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our December wellbeing newsletter!

As we embrace the festive season, it's important to focus on our wellbeing and the wellbeing of those around us. In this month's newsletter, we explore Seasonal Affective Disorder (SAD) and offer practical advice to help you navigate the shorter days and darker nights. In line with this month's festivities, join us for our 12 Days of Wellbeing, featuring simple daily activities to boost your mood and health throughout December. Finally, we reflect on the year with a focus on gratitude, celebrating the small and big ways others have made a positive impact in our lives. **Let's end the year on a note of connection, care, and kindness!**

People Promise



Why are Primary Care Staff Vulnerable?

Primary care staff often work long hours, balancing the emotional demands of patient care with administrative pressures.

During the winter months, limited daylight exposure, often compounded by early starts and late finishes, can exacerbate symptoms of SAD. The intense workload may also make it difficult to recognise personal mental health needs, leaving symptoms unaddressed.



Recognising the Signs of SAD

- Persistent low mood or feelings of hopelessness
- Fatigue or lack of energy despite adequate rest
- Difficulty concentrating or staying motivated
- Increased appetite, often craving carbohydrates
- Withdrawal from social interactions or feelings of isolation

Practical Strategies for Managing SAD



<p><u>Daylight Exposure</u></p> <p>Take short breaks outside during daylight hours. Even a 10-minute walk in natural light can improve your mood.</p>	<p><u>Connect with Colleagues</u></p> <p>Participate in team activities, such as a wellbeing challenge or showing gratitude (see our next few pages for top tips!)</p>	<p><u>Access Support Resources</u></p> <p>Make use of available programmes or wellbeing offers, such as those provided through The Hub Plus</p>	<p><u>Maintain a Healthy Routine</u></p> <p>Focus on balanced nutrition to avoid the energy crashes associated with sugary or carb-heavy snacks.</p>
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12 DAYS OF WELLBEING

This December, we're excited to bring you the 12 Days of Wellbeing—a fun and simple way to focus on your health and happiness during the festive season. Each day, we'll share a small, achievable activity or event designed to boost your physical, mental, and emotional wellbeing.

1. FOOD AND MOOD

Over the festive period we all indulge (as we should). In this workshop as well as a cook along you will discover lots of tips for keeping the 'Big Food' costs down. **Wednesday 11th December 18:00-18:45**

2. REACT MENTAL HEALTH CONVERSATION TRAINING

Have you ever noticed someone is not quite themselves? Learn how to have helpful and supportive conversations with colleagues about their mental health and signpost to the wide range of services available to our workforce. **Thursday 12th December 09:00-10:00**

3. PRACTICAL TIPS TO HELP REDUCE ENERGY USAGE & BILLS WITH MARCHES ENERGY

Join the Marches Energy Agency and hear practical tips to reduce energy costs over the colder months. **Friday 13th December 12:00-12:40**

4. GET OUTSIDE

It can be tempting to stay inside when it's cold out, but getting some fresh air does wonders for mental Wellbeing!

5. GET PLENTY OF SLEEP

During a busy period, lack of sleep can cause increased stress and burnout, that's why it's important to rest up.

6. RESPECT BOUNDARIES INCLUDING YOUR OWN

The festive period can be overwhelming at times, so don't be afraid to set boundaries to avoid feeling burnt out.

7. ASK FOR HELP

It's easy to feel overwhelmed during the festive season, so don't be afraid to ask for help when needed.

8. WELLBEING CHAMPIONS

Did you know that in Primary Care we have over 40 wellbeing champions? To find out more about what our wellbeing champions do, or interested in becoming a wellbeing champion, please visit our website! thehubplus.co.uk/wellbeing-champion

9. MINDFUL MONDAY

Take 5 minutes to practice mindfulness or deep breathing. Our JUCD wellbeing team offer a great workshop for FREE included in the wellbeing timetable! **JUCD Wellbeing Timetable - Booking by Bookwhen**

10. DIGITAL DETOX TUESDAY

Take a break from screens for short 5-10-minute intervals—swap scrolling for a good book, a conversation, fresh air or to make a cup of tea!

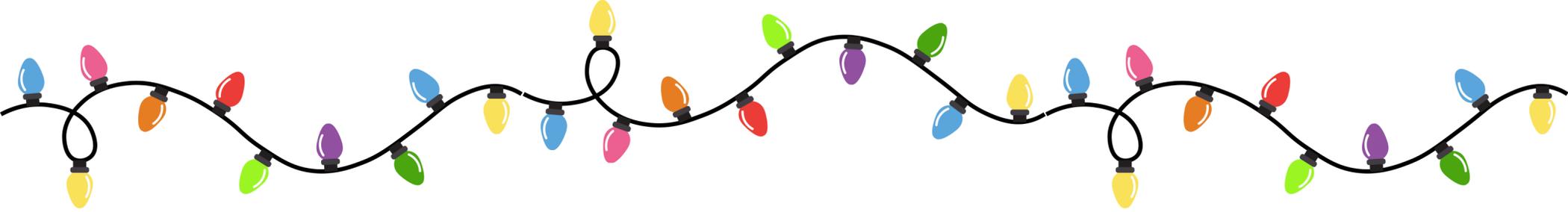
11. WELLBEING WEDNESDAY

11 Wellbeing Wednesday Try a wellbeing activity like journaling, listening to music, or meditating to lower stress and refocus.

12. THOUGHTFUL THURSDAY

12 Thoughtful Thursday Reflect on the year and identify one accomplishment you're proud of. Celebrate your progress and growth.





Gratitude Wall: Celebrate and Appreciate



As the year comes to a close, it's the perfect time to reflect on the people who've made a positive impact in your life. Let's celebrate our colleagues and teams by sharing words of gratitude. A kind note can brighten someone's day and remind us all of the amazing support we provide each other.

Instructions:

Print & Cut Out Cards

Below, you'll find printable gratitude cards. Cut them out and write a short note of thanks or appreciation for a colleague, team, or mentor.

Share Your Gratitude

Place your card on the staff room gratitude wall, or hand it directly to the person you'd like to thank.

Spread Positivity

Take a moment to read the messages on the wall to feel the warmth of our supportive community.



WHAT ARE WELLBEING VISITS?

Wellbeing Visits are designed to promote health and wellbeing within our community. These visits provide a safe and supportive space for individuals to discuss their health concerns, receive guidance, and access tailored resources that enhance overall wellbeing.



How to Book a Wellbeing Visit

1. Visit Our Website: Go to The Hub Plus Wellbeing Visits page. thehubplus.co.uk/wellbeing-visits
2. Select Your Service: Browse through the available services and choose the one that best fits your needs.
3. Fill Out the Booking Form: Complete the online form with your details and preferred appointment time. [Request a site visit booking form \(smartsheet.eu\)](https://smartsheet.eu)

Confirmation: Once submitted, you will receive a confirmation email with all the necessary information about your visit.

Some of our most popular topics include:

Coping with Stress Our stress awareness talk will educate you on what causes stress and the ways we can overcome it. We will take you through some useful tools you can use to help overcome the symptoms of stress. Option to add a short 10 min relaxation available

Happy Minds and Positivity Workshop Is your glass half empty or half full? Positive thinking helps with stress management and can even improve your health. Learn habits of healthy, positive thinking, build resilience and productive mindset.

Physical Activity Taster A short taste of exercise to help boost energy levels, try something new and promote physical health. All sessions offer modifications to suit all abilities. Health Commitment Statement required to complete prior to session starting. Option to increase time to suit events

Posture, Muscle and Bone Health What is posture, and how does it affect our quality of life? Learn about everyday habits that affect our posture, and what we can do to improve it.



Merry Christmas

THE TEAM AT THE HUB PLUS WOULD LIKE TO THANK YOU FOR YOUR CONTINUED SUPPORT THROUGHOUT 2024. WE HOPE YOU HAVE A LOVELY TIME DURING THE FESTIVE PERIOD FILLED WITH LAUGHTER AND LOVE.



The
Hub
DERBYSHIRE

