



Primary Care Wellbeing Derbyshire

This time of year comes with a lot of excitement, cheer and celebration for many families and communities.

You might be feeling the intensity as upcoming festivities grow nearer, or perhaps you're worried about the impact the next couple months might have on yourself, a friend or family member. A few simple acts of kindness and consideration can make a huge difference to the lives of many, especially those feeling lonely. This month we focus on healthy eating and keeping warm.



Healthy Eating During the Festive Period

It's the time of year when you may be having a catch up over dinner with friends or a festive work meal. During the cold winter months, it's important to nourish yourself with food and enjoy yourself. This article provides some advice if you've had one too many take outs or dined out a bit more than usual and want to get your healthy eating back on track.

Many restaurants provide a variety of healthy options to choose from, but if you don't fancy the healthy option, then you can still enjoy a meal without the guilt. One way to do this, is to choose to have low calorie meals earlier on in the day so you have plenty to choose from.

When at the restaurant, you'll notice a lot of restaurants now have calories listed next to each item. You can pick according to the calories you have left. Perhaps having a starter or a pudding instead of both, having low calorie drinks or not so many alcoholic drinks, which tend to be high calorie, picking items on the menu that are baked or grilled, maybe avoiding sides.

If you're not eating out then eating at home is fine too. Similar principles apply but healthy home eating can have its own challenges.

Barriers

Lack of knowledge – not knowing what the healthy options are or what might be best for me dependant on my own goals or situation.

Time – having the time to cook a meal for lunch every day before work or the night before or going out at lunch and finding that healthy option that still satisfies your taste buds.

Money – How much is it going to cost me having to cook meals to take to work? Or eating out every day?

All of these are barriers that with a few simple changes can be overcome.

What Are We Looking For?

Having a balanced diet at work and in general is vital to make sure we can function properly and maintain optimal health. What does a balanced diet mean? A balanced diet is simply having the right amount of protein, carbohydrates and fats, vitamins, minerals, and water. When choosing your food for the day, ideally, we are looking for high protein, low saturated fats and low in sugar. Aim to drink around 2 litres of water a day. Try and include a good amount of protein in each meal.

Most Importantly ...

Ultimately, it is about having fun and enjoying your time. Having one day of splurging out won't ruin your progress and affect your goals too much. Remember it's about being consistent choices be it good or bad that will determine the outcome.



Is it really possible to make your home warmer without turning up the heating at all?

Many of us are choosing to either reduce our central heating use over the winter months or not use it all.

If you are wondering how to keep warm, keep reading...

Thinking about the position of your furniture is a simple way that could save you money on energy and keep your home warmer. Any furniture which covers radiators will prevent heat from travelling around the room. A terracotta heater is a great way to keep warm without using any energy. The idea behind a terracotta heater is it heats up slowly and retains heat well, meaning up to three terracotta pots can be powered by just one candle. Assess all of your windows and doors and see whether there are gaps in the frame which allow draughts to move freely. Uninsulated floors can account for up to 10 per cent of heat loss, especially if the floors are bare and not properly insulated. If you have wooden flooring, with considerable gaps between the planks, then thick rugs can prevent the warm air from escaping. Try to heat your home to a steady and comfortable temperature throughout the day in the rooms you use most, such as the living room and bedroom. If there are rooms you don't use, like a spare bedroom, turn off the radiators here and close the doors. This will help you save on energy costs. Close all the curtains at dusk to help keep heat in. It's a good idea to keep your bedroom window closed at night when the weather is at its coldest.

12 DAYS OF WELLBEING



1 Ask for help

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

2 Keep it simple

Keeping things simple can help to minimise stress during the busy festive period.

3 Keep in touch with your loved ones

Hearing from loved ones helps us to feel more connected, whether it's a phone call with a friend or having family round to enjoy the festivities together.

4 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.

5 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.

6 Talk to others

If you're feeling overwhelmed or stressed, make sure to reach out and talk to someone about it - a problem shared is a problem halved.

9 Pace yourself

Try not to leave everything until the last minute to minimise stress.

7 Use a Meditation App

Check out the THRIVE wellbeing app: [Thrive Mental Wellbeing App](#).



10 Start a gratitude list

A gratitude list can be a great way of reminding ourselves of all the things we have in our lives to be grateful of!

8 Alcohol in moderation

Most of us like a drink or two over the festive period, but excess alcohol is damaging to mental and physical wellbeing, by all means enjoy a few glasses of bubbly, but try to drink in moderation.

11 Get outside

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

12 Enjoy yourself!

Perhaps the most important thing to do is to enjoy yourself and cherish the time you have with loved ones.



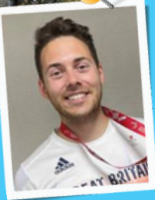
MY WELLBEING SUPPORT

Scan the QR codes to gain access to free support for ALL primary care staff

Staff Health Improvement Advisors

Bookable appointments are available for every Primary Care site with a Health Improvement Advisor to visit in person or virtually.

The Health Improvement Advisor can provide specialist knowledge, raise awareness and promote local and national initiatives to improve wellbeing within your teams.



Kickstart your health!

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, NHS Better Health is here with lots of free tools and support.



My Activities timetable

There is something for everyone from workout classes, desk stretches and talking groups.



My self-care pack

Download your self care pack today, packed full of resources, including services of support and a list of handy discounts for NHS colleagues.



Need some Reflection?

Reflective practice sessions provide an opportunity for teams that have been undertaking highly challenging work to reflect on what they have been doing and the psychological and emotional impact of the work on both individuals and the teams they work in. To book a session, please email: DDLMC.GPTF@NHS.NET.

My Employee Assistant Programme

Derbyshire Primary Care employees have free access to emotional and practical support through CiC's Confidential Care service. You can access the EAP by visiting www.well-online.co.uk.

Login: DTLogin **Password:** wellbeing.

You can also call **0800 085 1376** or use the Text Relay service **18001 0800 085 1376**, or email assist@cic-eap.co.uk



**Had a bad day?
Feeling worried or overwhelmed?
Need someone to talk to?**

Text the NHS People Service quoting **'FRONTLINE'** to 85258 for support available 24/7.

Samaritans UK provide free 24-hour support. They can be contacted on 116 123.

Primary Care Coaching

A dedicated coaching programme for Primary Care colleagues, which includes access to individual coaching, team support and career support.



Wellbeing App - Thrive

Thrive is the perfect app to help you prevent and manage stress, anxiety and related conditions. The clinically effective and confidential mental wellbeing app can be used to relax before a stressful situation, or on a more regular basis to help you live a happier, more stress-free life. You also have free access to the Thrive in-app therapy service, a text based service which enables you to talk through any worries however big or small. Topics can range from relationship stress, financial worries or difficulties at home to general stress and anxiety of day-to-day life.



SCAN ME



Find out more

Email: DDLMC.GPTF@NHS.NET

Website: <https://gptaskforce.com/primary-care-wellbeing/>

Follow us on Twitter @GPTaskForce

BECOME A WELLBEING CHAMPION

APPLY NOW

Volunteer to become your organisation's **Wellbeing Champion** and help **raise awareness of wellbeing activities, promote healthy lifestyles and positive mental health.**

You will provide information to colleagues about the **local and national wellbeing services** available.

National NHSE wellbeing training and various local educational events and training sessions will support in your role.

To express your interest:

- Obtain permission from your line manager
- Inform GPTF via the QR code, who will send you a welcome letter and join you with the Primary Care Wellbeing Champion Network.

To find out more visit:

<https://gptaskforce.com/primary-care-wellbeing/>

SCAN ME



UPCOMING EVENTS

What will you do this month to support your health and wellbeing?

There should be something for everyone, from group walks to money-saving workshops!

Mental Health and Wellbeing Webinar - Virtual, bookable via JUCD Bookwhen
Tuesday, December 13th, 2022 at 13:00

Stress Awareness Webinar - Virtual, bookable via JUCD Bookwhen
Wednesday, December 14th, 2022 at 10:00

Being inclusive over the festive period
Thursday, December 15th, 2022 at 12:00 pm - 1:00 pm - Virtual, bookable via GPTF

Save the date: Walk and talk in Darley Park
Wednesday 8th February 2023

To find out more visit our events page;

JUCD Wellbeing - Booking by Bookwhen
<https://bookwhen.com/jucdwellbeing>

Upcoming Events - GP Task Force Derbyshire
<https://gptaskforce.com/events/>