**Wellness Ideas for Training Days**

This is a chance for you to add your own spin on “Wellness” and what it means to you.

These are just a few ideas for incorporating wellness into training days. This is not a comprehensive list but just a few ideas to help if are super stuck for ideas.

Please also let us know what you have decided to do so we can keep a track of what has been done.

**Face to Face**

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| **Ideas** |
| Take a 10-15 minute walk |
| Picnic lunch |
| Baking competition |
| Step challenge |
| Sleep talk – see resources below |
| Activity – get to move around, ball activity, dance? Musical statues |
| Lego – team building |
| Sharing Tips for night shifts |
| Sharing moments of kindness |
| Egg drop challenge activity |
| Sharing what you are grateful for |
| Yoga – 14 minute office Yoga  <https://www.youtube.com/watch?v=M-8FvC3GD8c> |

**Virtual Wellness Ideas**

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| Ted talks  Wellness – Tyla Keneddy  Stop Chasing Purpose and focus on wellness- Chloe Hakim-Moore  The secrets of becoming mentally strong –Amy Morin Your body is talking to you, are you listening? Lizzie Braicks-Rinker How to manage your mental health – Leon Taylor  You are contagious – Vanessa Van Edwards | <https://www.youtube.com/watch?v=6VSFpMcjbP4>  <https://www.youtube.com/watch?v=rKQLBiylsn8>  <https://www.youtube.com/watch?v=TFbv757kup4>  <https://www.youtube.com/watch?v=32HExHswuWQ>  <https://www.youtube.com/watch?v=rkZl2gsLUp4>  <https://www.youtube.com/watch?v=rkZl2gsLUp4> |
| Doing our bit video library | <https://doingourbit.org.uk/mentalhealth.html> |
| Trivia quiz |  |
| 10 Yoga poses  14 minute desk yoga | <https://adventureyogi.com/blog/10-desk-yoga-poses/>  <https://www.youtube.com/watch?v=M-8FvC3GD8c> |
| Mental health tool kit | <https://campaignresources.dhsc.gov.uk/campaigns/better-health-every-mind-matters/campaign-toolkit-mental-health-awareness-week/> |
| How to sleep better resource | <https://www.mentalhealth.org.uk/explore-mental-health/publications/how-sleep-better> |
| 29 ideas for virtual wellness | <https://teambuilding.com/blog/virtual-wellness> |
| Meditation videos  Tara Brach – mediation library  Innerspace – meditation library  No Nonsense meditaion video library  Calm 10-minute minfulness meditation  Goodful – 10-minute meditation | <https://www.tarabrach.com/guided-meditations/>  <https://www.innerspace.org.uk/meditation-videos/>  <https://www.youtube.com/@nononsensemeditation9204>  <https://www.youtube.com/watch?v=ZToicYcHIOU>  [https://www.youtube.com/watch?v=j7d5Plai03g](https://www.Goodfuyoutube.com/watch?v=j7d5Plai03g) |
| Motivation/Advice videos  4 one minute ideas for time management – Nischa  Designing a simple life - (Minimalist habits) -Sadia  The routine that makes me happy – Sadia | <https://www.youtube.com/watch?v=tHpC5QMPdAs>  <https://www.youtube.com/watch?v=jX-mhRo7Hww>  <https://www.youtube.com/watch?v=h-1icJainvo&t=2s> |
| Physician burnout videos  Ted talk  Connection – The antidote to physician burnout- Ceclia Cruz  Dealing with Physician burnout | <https://www.youtube.com/watch?v=5-09yqalPFw>  <https://www.youtube.com/watch?v=5-09yqalPFw> |
| How to stop thinking of work on weekends  Headspace video (3minutes)  Ted talk ( 12 minutes) | <https://www.youtube.com/watch?v=azOsggzjycY>  <https://www.youtube.com/watch?v=fc3c3OrpKSI> |
| Mindfulness  Headspace videos  Mindfulness at home | <https://www.youtube.com/watch?v=ufp0rtfAmS0>  <https://www.youtube.com/watch?v=3VeZJAkdwYo> |
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Training Days

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| --- | --- |
| November 23 |  |
| December 23 |  |
| January 24 |  |
| February 24 |  |
| March 24 |  |
| April 24 |  |
| May 24 |  |
| June 24 |  |
| July 24 |  |
| August 24 |  |
| September 24 |  |
| October 24 |  |

**Wellbeing resources**

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| PSW support  -Support with exams, neurodiversity, coaching, financial advice, counselling and occupational health, | [https://www.eastmidlandsdeanery.nhs.uk/trainee/psw/support-available](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eastmidlandsdeanery.nhs.uk%2Ftrainee%2Fpsw%2Fsupport-available&data=05%7C01%7Cayesha.butt2%40nhs.net%7C9e755ce5a73c40220de108dbd0bc4cf7%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638333279375158843%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ev%2B%2F0v93E83WEpA8vYz09SHdTook10IXDoueEmxH4C4%3D&reserved=0) |
| Practitioner Health | [https://www.practitionerhealth.nhs.uk](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.practitionerhealth.nhs.uk%2F&data=05%7C01%7Cayesha.butt2%40nhs.net%7C9e755ce5a73c40220de108dbd0bc4cf7%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638333279375158843%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=H89Gwc1bz9svGpN7ciiN1b3HnvEST5SnSpz0xvCO3uc%3D&reserved=0) |
| You okay doc – 6 week Huddle programme  Informal and confidential chat with other doctors and an accredited therapist | <https://youokaydoc.org.uk/huddle/>  Huddles held via zoom |
| MDU resources page | <https://www.themdu.com/guidance-and-advice/guides/doctors-health-and-wellbeing-sources-of-support> |
| Doc Health – self referral for doctors if suffering with stress-related depression or anxiety  Fees | <https://www.dochealth.org.uk/> |
| BMA counselling + peer support | <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-services> |
| RCPCH wellbeing resources page | <https://www.rcpch.ac.uk/resources/where-go-help-support-doctors-wellbeing> |
| Mind matter – create personalised plan | <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/?WT.mc_ID=PPC_MentalHealthGen_Quiz_WMHD23> |
| Zoom groups for wellness | <https://blog.zoom.us/zoom-apps-for-wellness/> |
| Action for happiness | <https://actionforhappiness.org/> |
| Free online meditation videos | <https://www.mindfulnessassociation.net/latest-news/free-daily-online-meditation/> |
| Doing our bit app | App with video library – free for NHS workers |
| FitOn app | Exercise video library |
| Headapace app |  |
| Calm app |  |
| Unmind app | Empowers NHS staff to improve mental wellbeing |
| Bobby Chat | AI based that talks through CBT based to help work through work based stress |
| Stay Alive | Suicide prevention |