



#### Respiratory Clinical Leadership Programme

## Bringing out the best in yourself and others

#### **Next meeting:-**

Influencing: Empowering a culture of change 5-6 June 2020, Kents Hill Park, Milton Keynes



#### Self Care

Melissa Canavan



# Think of time in the past few weeks when you were stressed out at work.

#### Stress

#### How it might make you feel

- irritable, aggressive, impatient or wound up
- over-burdened
- anxious, nervous or afraid
- like your thoughts are racing and you can't switch off
- unable to enjoy yourself
- depressed
- uninterested in life
- like you've lost your sense of humour
- a sense of dread
- worried about your health
- neglected or lonely.

#### How it might make you react

- finding it hard to make decisions
- constantly worrying
- avoiding situations that are troubling you
- snapping at people
- biting your nails
- picking at your skin
- unable to concentrate
- eating too much or too little
- smoking or drinking alcohol more than usual
- restless, like you can't sit still
- being tearful or crying.

#### **Work Place Stress**

- Extroverts becoming withdrawn
- Becoming more accident prone
- Becoming short-tempered
- High staff turnover
- Increased absenteeism and sickness levels
- Long-hours work culture
- Employees not taking their full holiday entitlement
- Low productivity and efficiency







## An Empty

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## What do you do for self care? How do you look after yourself?

#### **Physical Self-Care**



- Sleep
- Eat well
- Exercise
- Get your hair or nails done



#### **Emotional Self- Care**





- Allow yourself to feel emotions for what they are
- Laugh
- Allow yourself to cry
- Complement yourself

#### Psychological Self-Care



- It's OK to say no
- Receive complements
- Pay attention to inner experience



#### Spiritual Self-Care

PCRS

Donating

Volunteering

**Nature** 

Meditating

Inspirational videos

Journal

Pray

Yoga

Reiki



#### **Professional Self-Care**



- Talk to co-workers
- Decorate your workspace
- Take breaks
- Have meetings in different spaces

#### Kindness in the work place



Staff Jar

**Ideas Box** 

**Flowers** 

**Dominos Pizza** 

**Donuts** 

Ice Cream

**Bake Cakes** 

Mindfulness Sessions



#### Mind and it's potential







#### What is the Mind?

Not the brain

Not physical

Beginningless and endless

Mental Continuum

River of mental moments

**Constantly Changing** 



## LOVE





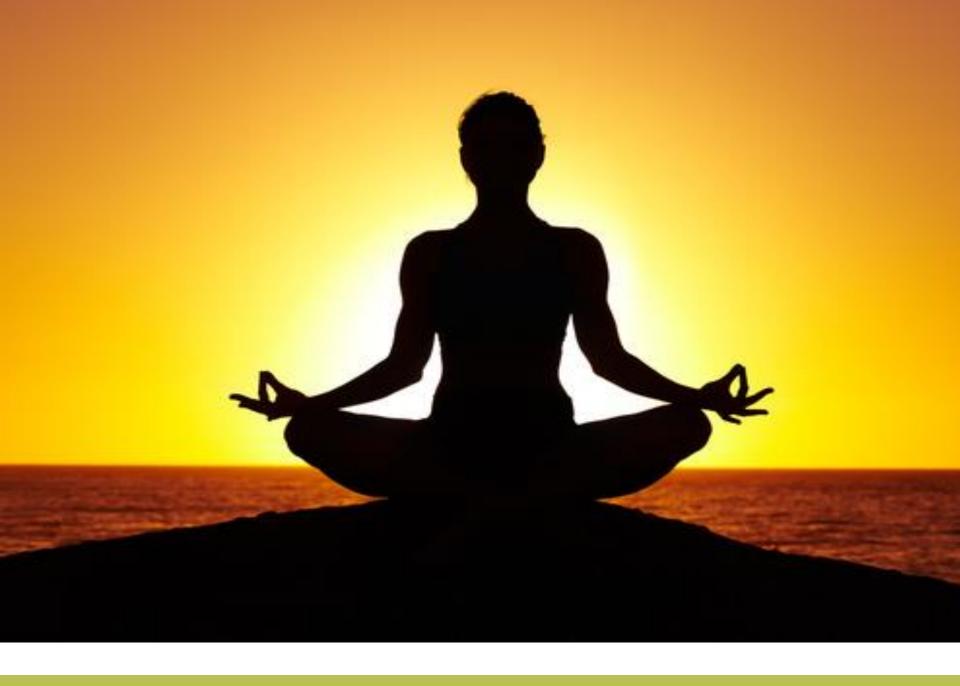


kindness

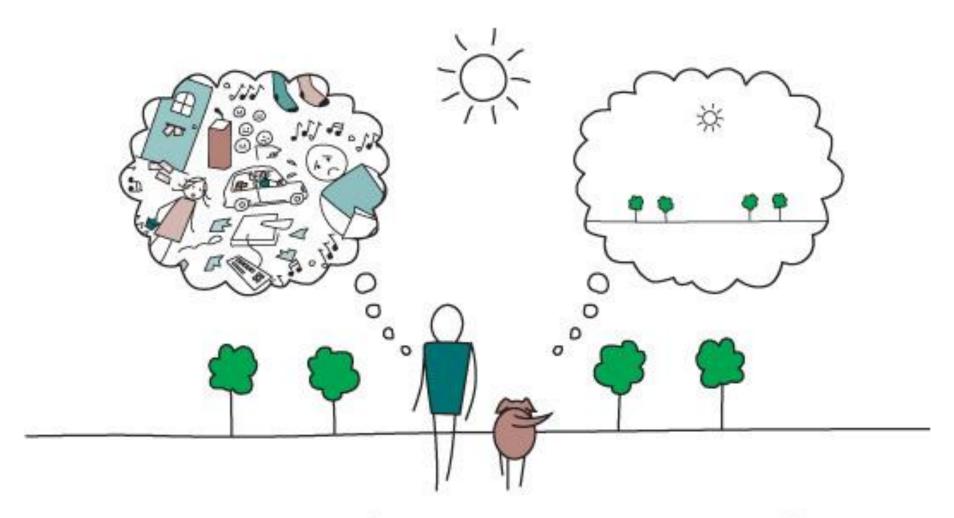
## doubt



Inspiring best practice in respiratory care



Inspiring best practice in respiratory care



Mind Full, or Mindful?

### IF YOU REALIZED HOW POWERFUL YOUR THOUGHTS ARE YOU'D NEVER THINK A NEGATIVE THOUGHT AGAIN