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
Inspiring best practice in respiratory care

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- Extroverts becoming withdrawn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
You Can't Pour from An Empty CUP

lisagraft.com
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

- 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
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Mind Full, or Mindful?

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