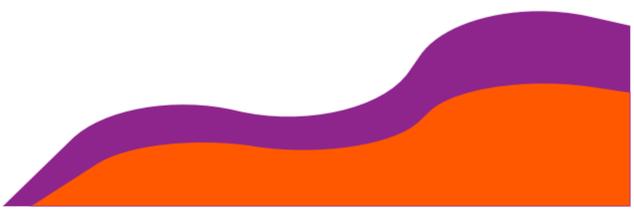




Wellbeing project team Bulletin

January 2023

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Useful updates

The wellbeing team would like to put a call out for any recommendations for podcasts or books that would help staff with their mental health. Please let us know on the social team channels for any suggestions.

As a reminder, we still need your help to:

- Celebrate examples of where your colleagues have exemplified DSC's value of Empathy – we want to celebrate them each month in this bulletin (see page 4: Celebrating Empathy).
- Add more tips to our wellbeing jar! Please share any examples of what helps boost your wellbeing – we want to give three top ways to wellbeing each month.

Top ways to wellbeing this month

Movement for wellbeing

Going for a walk can be beneficial for both your mental and physical wellbeing, but it can be hard in these colder months to get outside.

The [YouTube channel, Grow with Jo](#), has a range of free indoor walking workouts with different distances to keep you moving when you don't want to face the winter weather! But, of course, it's still great to get outside when you can!

Reading for wellbeing

This month, Chester has been reading Oliver Burkeman's *Four Thousand Weeks: Time Management for Mortals*. Chester said it's a welcome break from other kinds of time management books – being strangely comforting whilst giving you 'an icy blast of reality' – and has lots of handy tips to help you put the principles into practice.

George has been reading Bessel van der Kolk's *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. George said it was quite a profound exploration of the relationship between our physical selves and our life experiences over time.

New year clean-up

It is always a good idea to book in some time to do a spring clean of folders and files, so that your folders and files are all nicely in order and de-cluttered.

Your wellbeing tip jar!

"It is scientifically proven to improve your wellbeing to look up at the sky for a few minutes."

If you have a wellbeing tip to share, send it to a member of the wellbeing team!

Celebrating DSC's values: Empathy

For our December bulletin, Ross has shared an example of empathy and excellence:

Jess has demonstrated both empathy and excellence as a co-author. Ross said that Jess has been invaluable in helping with the planning and writing of The Guide to New Trusts, always ready to answer any question and to make sure everything goes smoothly.

If you want to recognise a colleague for showing DSC's values, please message a member of the Wellbeing Team.

Useful resources

These are some resources we're compiling over time – please let us know if you have some to add! We will develop these into themes as the list grows.

- Free 10-day online coaching program [10 Days of Happiness](#)
- Mind's [Wellness Action Plan](#)
- NHS Every Mind Matters [Mind Plan quiz](#)
- MindTool's [burnout quiz](#)
- Free apps for focus: [Flora](#), [Flow](#), and [Focus To-Do](#).
- Free walks <https://www.ramblers.org.uk/go-walking/ramblers-wellbeing-walks.aspx>

Upcoming event

Going Green – Online conference on Wednesday 8 March

There is no denying the climate emergency. Extreme temperatures, droughts, floods and air pollution aren't just distant issues in the future, they are happening here and now.

For a sector that takes pride in working towards a better world, charities have been surprisingly slow to commit to more environmentally friendly working practices within their own organisations.

<https://www.dsc.org.uk/event/going-green-online-conference-2/>

Where to get support

Internal

Mental health first-aid trained staff:

Stuart Cole
Valerina Brookes
George Knight

Wellbeing project team members:

Harry Wrafter
Jessica Threlfall
Gwen Barnes
Chester Howarth
George Knight
Ross Hardy

External

- Apply for free counselling through [Remploy](#)
- Apply for free counselling through [Able Futures](#)
- Mental Health Foundation suggestions for [Getting Help](#)
- Confidential Emotional Support through [Supportline](#)
- Find an [NHS psychological therapies service](#) (IAPT)
- Use the Crisis Text Line from [Shout](#)
- Locate support services near you through [Hub of hope](#)
- For digital help with wellbeing <https://www.good-thinking.uk>