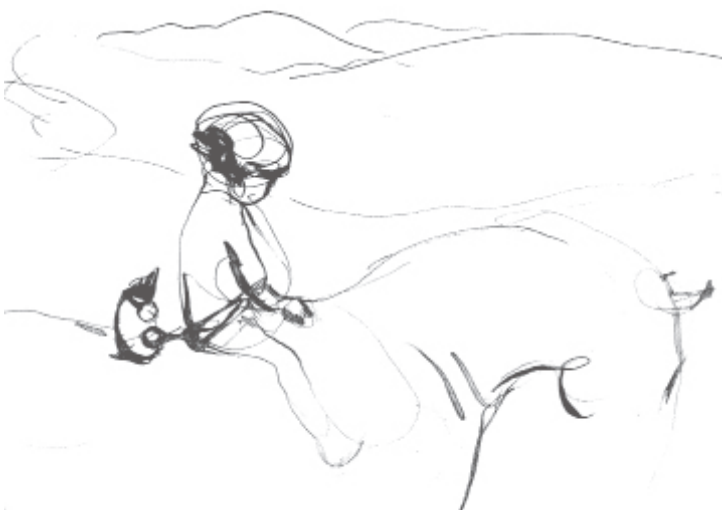


Carving some Time and Space for You

This is a difficult time when we are experiencing more pressure than many of us have ever known. With some staff members doing more hours than normal, staffing pressures, constant changes and fears of future waves, it can be difficult to switch off from work when you are not on shift. We are all tired – it's been like this for a long time already and we have a bit further to go.

We have such a long way to go." sighed the boy.

You will be able to give the best of yourself at work if you have attended to your own needs at home. Part of this is about trying to protect your time off and, within that, giving yourself permission to do things that keep you well and bring you joy.



Be kind to yourself

Restrictions have lifted but our lives have not yet returned to normal, especially for those in caring roles. It is important to look to what you can still do to look after yourself and this will be different for each person. For some, it might be using those luxury toiletries you would normally have saved for a holiday/special occasion.

For others it might be committing to read a book, learn a new skill or meet a friend for a walk on a regular basis. Whatever you choose to do, it should be something that will bring you life, not something you see as a chore. Put it up to the top your priority list. By looking after yourself you will be in a much better place to attend to the needs of others.

Get work out of your mind

At the end of shift, especially before a few days off, it can help to get the work tasks and worries out of your mind. Taking a few minutes to note down the things you don't want to forget to follow up on when you're back, or striking things off/updating your to-do list can help. Many people find a little chat with colleagues at going home time helps to share and make sense of the shift and start the transition to home life.

Local 1-1 wellbeing support is available for care home staff:
Call or text 07971 794 065 to arrange support
(This is a dedicated line staffed Mon-Fri, 9am-5pm, or leave a voicemail 24/7)

For immediate support 24/7:

National Wellbeing Hub - <http://wellbeinghub.scot> - 0800 111 4191

NHS Lanarkshire Staff Care and Wellbeing 24h Helpline - 01698 752000

Be gentle with yourself

Many people are finding everyday tasks a struggle at the moment. The household or admin tasks we once managed to keep on top of can pile up and quickly feel overwhelming.

It may be worth writing a list of these jobs and prioritising what has to be done and what can wait. Or perhaps seeing if any of these tasks can be shared more equally with others in your household. It can help to pick off a small task to complete rather than aiming to 'catch up' with everything, or to set the oven timer and see how far you get in 20 minutes!



Turn off phones/laptops

Unless you are on call, there is no obligation to have your work phone on or respond to work emails. Putting it out of sight can help to switch the mind off too, and checking it at planned times rather than every time it pings. It may also be worth changing your settings on WhatsApp if you have a work WhatsApp group on your personal phone so you are not constantly being bombarded with messages from work on your days off.