

Care Home Staff Wellbeing Guide

✓ Introduction

Ground rules

- It is not therapy
- It is not monitored or performance related
- There is no hierarchy
- There are no right or wrong conversations
- We give our full attention, no interruptions
- We are civil & respectful
- We may need further opportunities to discuss things
- Are we all in agreement about how to indicate we wish to speak?

✓ Need to know

What happened today?

- Would anyone like to share thoughts from today?
- How are we all feeling?
- Is there anything that anyone would like to catch up on?
- Does anyone have any unanswered questions?

✓ Need to do

What do we need right now?

- What information can we get to help us with this?
- What are we going to do after this group meeting?

✓ Plan

Let's just be clear what we are all going to do now/next?

- Has everyone who wants to shared their plan?
- Is everyone clear about what they want to do next?

✓ Understand Impact

The way we feel is absolutely normal for these circumstances

- What went well today?
- How did we support each other?
- Can we learn anything from today?
- How do we share any appropriate learning?

✓ Thank you

Thank you for your contribution today and to our wellbeing group

- Has everyone spoken who wishes to?
- Is everyone comfortable for the group to finish?
- If you have any other worries personally or about a colleague please check the reverse of this sheet for additional help, support and resources.

Source: Post Death Peer Led Debriefing Toolkit: Guidelines for Implementing Sharing Circles for Frontline Staff, Quality Palliative Care in Long Term Care.

Additional Resources

Samaritans: 116 123

Mind: 0300 123 3393

Anxiety UK: 0344 477 5774

Sane: 0300 304 7000

Health and Wellbeing resources:

- **Headspace:** www.headspace.com/work/mindful-approach-to-covid-19
- **NHS UK:** www.nhs.uk/apps-library/category/mental-health (some charges apply)
- **Mindful:** www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak
- **Unmind:** www.home.unmind.com
(Read more about Unmind here: www.standard.co.uk/tech/unmind-nhs-free-access-covid-19-a4391551.)
- **Meditation Apps:** www.elle.com/uk/life-and-culture/culture/a31792624/best-meditation-apps/

Please use the space below to add details of your
Staff Wellbeing and counselling services.

