

# 'Finding Balance in the Busyness'

## An interactive session for teams



Over time, stress and pressure builds up and our capacity to cope with the day-to-day challenges diminishes. This session offers a supportive and creative environment that uses reflective practice to enable insights to emerge, and provides practical strategies to support wellbeing.

- Build awareness of what drives your individual & team wellbeing
- Explore and connect with relational values
- Discover tools & techniques that support you when things feel out of your control
- Learn to spot the signs of post-traumatic stress and moral injury and know how to access pastoral and mental health support

Feedback from participants:

**"I realised that I need to step back and reflect if I want to feel different about work"**

**"Thank you – things are not as bad as they sometimes seem!"**

**"I was able to express my thoughts and feelings without being judged"**

**"The session helped me to recalibrate my mind; transitioning negative thoughts into something positive"**

This session can be tailored to the needs of your team and the time available and it works well as part of a Team Away Day. Contact Diana Steadman, Staff Wellbeing Chaplain (Unplanned Care) for more information:

[diana.steadman@nhs.net](mailto:diana.steadman@nhs.net)