



Staff Health and Wellbeing (Healthy Working Lives) Winter 2021 Bulletin

For the attention of all Glasgow City HSCP Staff – both Health and Social Work

Dear colleague,

Our Glasgow City HSCP [Staff Health and Wellbeing Page](#) contains a wide range of information, useful contacts and information on our [Healthy Working Lives Activities](#). This includes free online staff yoga via MS Teams on a Thursday from 5pm to 6pm running until the end of March 2022. Spaces are available please contact Carolan.forbes@ggc.scot.nhs.uk

You can also find your local [HWL Leads and read about local activities](#).

The [National Wellbeing Hub](#) provides online support for everyone working in health and social care services, unpaid carers, volunteers, and their families. It has a range of evidence-based resources, access to digital programmes designed to help with mental health, links to [Coaching for Wellbeing](#) and acts as a pathway to a range of psychological support and treatment services.

A series of resources to help everyone better understand and manage Long COVID are now available. These include two evidence-informed articles, [one aimed at managers](#) providing advice on how to support staff returning to work with Long COVID, and [one aimed at people experiencing Long COVID](#). These are supplemented by a [‘Top Tip’](#) sheet with brief guidance for managing recovery from Long COVID.

Staff are reminded to take time out to talk to each other by having a regular team tea break/catch up with colleagues. This can help to reduce feelings of isolation and disconnectedness for those working at home.

Free online [Mental Health Training](#) is provided for health and social care staff by SAMH, covering the period [January – March 2022](#).

[Seasonal affective disorder \(SAD\)](#) is a type of depression that affects people during winter months, and subsides during the rest of the year. SAD begins to emerge as the days get shorter and colder, and people get less exposure to sunlight. You can read [tips](#) for living with Seasonal affective disorder.

Anyone who is experiencing symptoms that make it hard to cope with everyday life should seek the assistance of a mental health professional.

If you struggle with poor sleep or anxiety during winter months, free apps [Sleepio](#) and [Daylight](#) may be able to help. [Sleepio](#) is an online sleep improvement programme proven to help people overcome the obstacles that are keeping them from healthy sleep in just six weeks. And [Daylight](#) can help you take back control from anxiety.

Christmas is traditionally a time for meeting up with family and friends, making merry and enjoying plenty of food and drink.

Our [Mental Health Improvement and Equalities](#) team have produced a guide to Mental Health Helplines and Websites supports during the Festive Season. Information is available at the links below:

[Adults](#)

[Children and Young People](#)

[Supports at Christmas](#)

A Healthier New Year - If you feel you have indulged too much over the festive season NHS Inform have a free [12 week weight management programme](#).

[Dry January](#) is the UK's one-month alcohol-free challenge. On the site there is lots of advice and you can download the free Try Dry app.

[Brew Monday](#) is 17 January 2022 and Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about. The third Monday in January is sometimes referred to as 'the most difficult day of the year' but there's no such thing as 'Blue Monday' – we all have our good days and our bad days, and those aren't for the calendar to decide.

Once someone starts to share how they're feeling, it's important to listen. This could mean not offering advice, not trying to identify what they're going through with your own experiences and not trying to solve their problems. Reach out and connect with family, friends, colleagues and loved ones. For more suggestions about how to be a good listener, take a look at [SHUSH](#) active listening tips.

[Time to Talk Day](#) is Thursday 3 February 2022. It's a great day for communities, workplaces, schools, or anyone to get together and have a chat about mental health

No Smoking Day is 10 March 2022. If you want help to quit please visit [NHS Inform's](#) website or call the Team on 0800 916 8858.

This message has been approved for 'all-Glasgow City HSCP' distribution by Isla Hyslop, Head of Organisational Development Partnerships.

Health and Wellbeing


Be active, do what you can


Connect with others


Keep learning & embrace the new


Take notice of the good things


Support each other

STOP THE SPREAD

Keep Up to Date

Visit our website at www.glasgowcity.hscp.scot or follow us on Twitter at [@GCHSCP](https://twitter.com/GCHSCP) to find out more about what we're doing for health and social care in Glasgow City.



