



**Wellbeing at Work**

**Plymouth Mental  
Health & Wellbeing  
Signposting  
e-Toolkit**



## What's included?

- ♥ Introduction of THRIVE Plymouth
- ♥ Introduction to the 'Five Ways to Mental Health & Wellbeing'
- ♥ Signposting to local services



## **THRIVE Plymouth**

- ♥ THRIVE Plymouth is our 10 year programme to get everyone working together to improve health and wellbeing and narrow the gap in health inequalities between people and communities in the city.
- ♥ Everyone has a role to play to support and make positive health-enabling choices.



## **Plymouth Bus Journey**

 Please click the link below to find out more...

[Plymouth bus journey](#)



## What is mental health & wellbeing

[Click here and find out more](#)

💖 If you want to learn more, improve your own wellbeing and support others we can offer further training. Please find details on our courses at One You Plymouth – links can be found in the Resources section.

Please note Livewell Southwest do not specifically endorse Maudsley, the content above is being used to demonstrate 'what is mental health'



## Winning Ways to Wellbeing

💖 Evidence suggests there are five steps we can all take to improve our mental wellbeing. If you give them a try you may feel happier, more positive and able to get the most from life.

### CLANG





## CLANG - Connect



Nurturing our relationships can help us feel happier and more secure, and can give us a greater sense of purpose.

Please click the link below:

[Relationships-missing-piece-wellbeing-puzzle](#)



**Connect**

Link up  
with people  
around  
you



## CLANG - Learn

- 🦋 By exposing yourself to new educational experiences, you might also become more socially active.
- 🦋 Embrace a hobby – it's all about distracting your brain whilst using different parts of your brain in order to help memory and cognitive skills.
- 🦋 Take on a different responsibility, for example fixing a bike, or learn how to cook.
- 🦋 When you choose your own goals that you feel are consistent with your values, you'll be more likely to be engaged in your life.



**Learn**

Explore  
something  
new





## CLANG - Active

- ♥ Being active can protect people against depression and anxiety, regular physical activity reduces the risk of depression possibly by as much as a third.
- ♥ There are lots of reasons to exercise:
  - ♥ It fills your time.
  - ♥ A healthy body + healthy mind = healthy immune system.
  - ♥ It releases feel good chemicals. Why not dance it out – we're talking limb flinging, full-bodied, no-holds-barred joyous dancing. Dance like nobody's watching!





## CLANG - Notice

- 📍 You may think of wellbeing in terms of what you have, your income, home, car, or job.
- 📍 Evidence shows that what we do and the way we think have the biggest impact on wellbeing. We sometimes find it hard to simply stop and do something for ourselves, feeling we should think of others. If we don't look after ourselves we will be unable to look after others.
- 📍 Self-care could mean logging out of social media and listening to your favourite music. Or mindfully working your way through your favourite home-cooked meal, meditating, going for a walk and taking in the view. The key is to slow down, take a step back, take notice. Put yourself first – even if it's just for an hour.



### Notice

Be curious about  
the world you  
enjoy



## CLANG - Give



Most people would agree that giving to others is a good idea.



Small acts of kindness towards other people, or larger ones – such as volunteering in your local community – can give you a sense of purpose and make you feel happier and more satisfied about life.



**Give**

Share something  
with others



## The power of CLANG

- ❤️ Boosts self confidence
- ❤️ Rise to a challenge
- ❤️ More secure
- ❤️ Self-esteem
- ❤️ Self control
- ❤️ Greater sense of purpose
- ❤️ Feel happier
- ❤️ Satisfied about life
- ❤️ Self-worth



## Do you have a Wellbeing Champion in your workplace?





## Wellbeing at work



### WELLBEING IN THE WORKPLACE

Adults working full time spend about one third of their waking hours at work

Wellbeing at Work encourages health and wellbeing to be part of the culture of your organisation

Wellbeing at Work offer on-site support, training, an awards programme, and resources.

[START TODAY](#)



#### WELLBEING CHAMPIONS

Positively impact on the health and wellbeing of employees in your business. Champions learn how to run simple healthy lifestyle projects and how to make a difference.

[Learn more >](#)



#### FORUMS

The next Forum is on the **15th July 2020** save the date and keep an eye out for more information.



#### WELLBEING TRAINING

Our range of training programmes include mental health, healthy eating, alcohol reduction, stopping smoking and walk leader training.

[Learn more >](#)



#### WORKPLACE AWARDS

Make health & wellbeing part of the culture of your organisation. Take part in our flexible framework that can be adapted to the needs of your business.

[Learn more >](#)



## What is One You Plymouth?

**ONE**YOUPLYMOUTH

[BOOK YOUR APPOINTMENT](#)

[HOME](#) [ABOUT](#) [EAT WELL](#) [STOP SMOKING](#) [MOVE MORE](#) [STRESS LESS](#) [NHS HEALTH CHECKS](#) [BLOG](#) [CONTACT](#)

### IMPORTANT INFORMATION REGARDING COVID-19/CORONAVIRUS

Due to the current situation with COVID 19 we have had to cancel all One You Clinics and Eatwell groups until further notice. If you would like support to stop smoking and or healthy eating advice we are able to offer telephone/virtual appointments.

**Don't smoke alone.  
Quit together.**

**TODAY IS THE DAY**

**#QuitforCovid**

## QUIT FOR COVID

Current research suggests that smokers are approximately 2.5 times as likely to need treatment in an ICU or to die from COVID-19.

One You Plymouth practitioners provide the support needed to enable you to stop smoking and will be able to continue to offer support until you feel completely confident to remain smoke free. Remember, you are four times more likely to quit for good with support.

[Click to complete the Plymouth One You Quiz](#)



## One You – Smoke Free

- ♥ The Wellbeing Team offer 1 – 1 behavioural support and advice to be smoke free.
- ♥ Your practitioner can discuss with you all pharmacotherapy options including support with vaping.
- ♥ For those who smoke but who do not presently want to quit, support from the Wellbeing Team will be available to help manage nicotine withdrawal whilst at work.
- ♥ Contact the Wellbeing line on 01752 437177.





# Wellbeing at Work

## One You – Eat Well

- 🍎 New offer around healthy eating and weight management coming soon.
- 🍎 Contact the Wellbeing line on 01752 437177.



## One You – Move More

- ♥ Ramblers – Walking for Health  
<https://www.walkingforhealth.org.uk/>
- ♥ Move More class run by Miranda City Fitness  
Plymouth Life Centre, Wednesdays, 3 – 4pm, £2  
per session

**ACTIVE  
10**

The Active 10 app helps you monitor and gradually increase your brisk walking levels over time. Click below [Active 10](#)

**COUCH  
TO 5K**

Couch to 5K is a running plan for absolute beginners and involves 3 runs a week for 9 weeks. Click below [Couch to 5k](#)



## Signposting

-  [Wellbeing at Work](#)
-  [MIND-tips For Sleeping](#)
-  [Blurt it out](#)
-  [Marbles Lost & Found](#)
-  [Action for Happiness](#)
-  [NHS Mood Self Assessment & Audio Guides](#)
-  [Samaritans](#)
-  [Plymouth Online Directory](#)
-  [MIND - Tips for Everyday Living](#)
-  [Head Space](#)
-  [One You Plymouth](#)
-  [Alcohol Awareness](#)
-  [Alcohol and mood](#)
-  [Suicide Prevention](#)
-  [LGBT Helpline](#)
-  [Plymouth Options- Counselling & support](#)
-  [Anxiety.org](#)
-  Text SHOUT to 85258 UK's first 24/7 text service for anyone in crisis anytime, anywhere



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[oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)  
[www.livewellsouthwest.com](http://www.livewellsouthwest.com)  
[@livewellsouthwest](https://twitter.com/livewellsouthwest)