



**Wellbeing
& Recovery
College**



Midlands Partnership

NHS Foundation Trust

A Keele University Teaching Trust

Getting Through the Working Week – Session 2

Check-in from Week 1

- What were the **positives** from last week's session?
- Did you have any **takeaways** from last week's session?



Today we will be covering

- Wednesday fun facts
- How do you see 'Hump Day'?
- Exercise
- Seeking perfectionism – Story Telling
- A positive approach to workplace conflict





Fun Facts about Wednesdays

1. In the Addams Family films, the daughter is called Wednesday Addams. Creator, Charles Addams said he chose this name because of the nursery rhyme ‘Monday’s Child’, which says that “Wednesday’s Child is full of woe.”



Fun Facts about Wednesdays

2. According to a survey, bosses are most receptive to requests from their employees on Wednesdays. So, if you're going to ask for a pay rise or a holiday, make sure you do it on a Wednesday 😊

Fun Facts about Wednesdays

3. In Hindu mythology, Buddha is the God of Mercury, mid-week Wednesday, and of Merchants and merchandise. Also, in Japanese, the word for Wednesday (sui youbi) means “water day,” as it is associated with the planet Mercury (suisai), which means “water star.”



How is “Hump day” for you?

Now, it's the middle of the week.

Sometimes we feel like 'yay' it is nearly Friday. While other times we feel tired...



Tips to Energize yourself





Exercise



Benefits of Exercise

- Exercise **combats health conditions and diseases.**
- Exercise **improves mood.**
- Exercise **boosts energy.**
- Exercise **promotes better sleep.**
- Exercise **can be fun ... and social!**

Tips to Exercise

- ✓ The 2 Minute Rule
- ✓ Buddy Up
- ✓ Exercise Snacking
- ✓ Habit Stacking





Exercise Snacking

- ▶ 5-minute walks between work calls
- ▶ 10-minute morning commute to work
- ▶ Light stretches at your desk

What exercise snacking could you fit into your working day?

Time for a 5-minute break

(Please feel free to
chat with our course
mentor if you need
support right now,
they'll be glad to help
😊).



Habit Stacking

- Current habits are already **built into your brain**.
- You have patterns and behaviours that have been **strengthened over years**.
- Build your **new habits** into **already formed habits**.



Habit Stacking in Your Life

- ▶ **For example:**
- ▶ After I pour my cup of coffee each morning, I will meditate for one minute.
- ▶ After I take off my work shoes, I will immediately change into my workout clothes.
- ▶ After I sit down to dinner, I will say one thing I'm grateful for that happened today.
- ▶ After I put on my running shoes, I will text a friend or family member where I am running and how long it will take.

Habit Stacking in Your Life

Task: Write down a habit stack (or two) that you do every single day... Think of an exercise or health behaviour you could add.



The more you do something, the stronger the connections become in your brain. Not only that, but the connections also become faster and more efficient each time you practice. As your brain builds stronger and faster connections between neurons, you can express your skills with more ease and expertise. It is a biological change that leads to skill development.

It links to the term **neuroplasticity**.

Neuroplasticity
=
Ability to rewire brain



RECORDED AT **TED@STATESTREE**

What is
Perfectionism?
Does it hold us
back?

Perfectionis



Storytelling – seeking perfectionism

Time for a 5-minute break

(Please feel free to
chat with our course
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they'll be glad to help
😊).



Different Types of Perfectionism

1. Self-oriented perfectionism is centred around people having high standards for performance and is associated with greater work productivity and career success.

- ▶ They strive to be as perfect as they can be.
- ▶ It makes others uneasy to point out errors in their work.
- ▶ They feel they must work to their full potential at all times.
- ▶ They set very high standards for themselves.

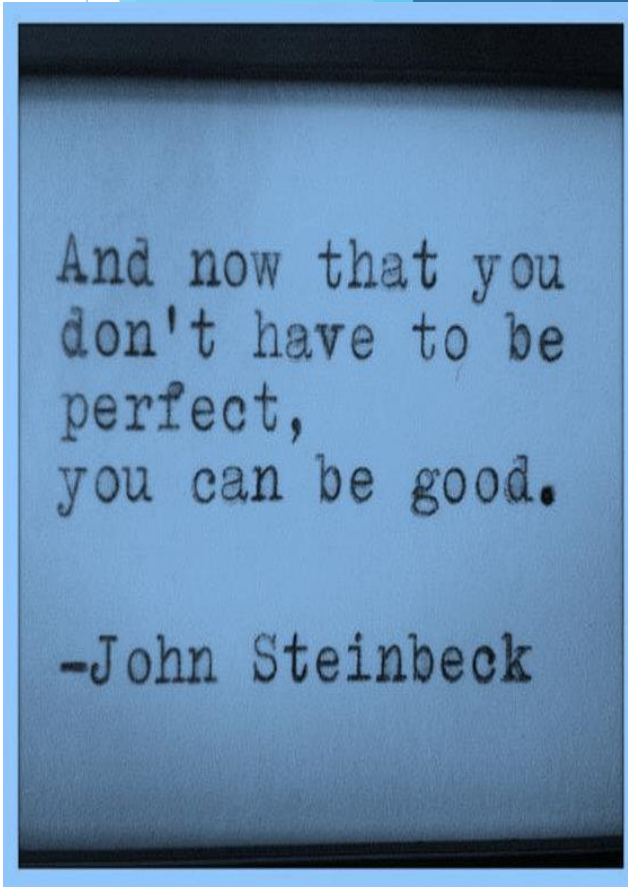


Different Types of Perfectionism

2. Other-oriented perfectionism involves holding others to very high standards and is associated with being judgmental and critical of others' performance.

Other-oriented perfectionism items include:

- ▶ They can't be bothered with people who won't strive to better themselves.
- ▶ They cannot stand to see people close to me make mistakes.
- ▶ If they ask someone to do something, they expect it to be done flawlessly.

A blue-tinted photograph of a sign with a quote by John Steinbeck. The sign is rectangular and has a dark background with light-colored text. The text is arranged in four lines, with the first three lines forming the main quote and the fourth line being the attribution. The font is a simple, sans-serif typeface.

And now that you
don't have to be
perfect,
you can be good.

-John Steinbeck

Different Types of Perfectionism

3. Socially prescribed perfectionism is driven by a sense of pressure to be perfect in everything you do. The individual's self-worth is tied up with a sense of unrealistically high standards that others hold for the individual.

- ▶ Major setbacks are problematic for socially prescribed perfectionists.
- ▶ They find it difficult to meet others' expectations of themselves.
- ▶ They feel that people around them expect them to succeed at everything.
- ▶ They feel that people are too demanding.
- ▶ They feel the family expects them to be perfect.

REMIND
YOURSELF
THAT IT'S
PERFECTLY OKAY
NOT TO BE
PERFECT
WWW.LIVELIFEHAPPY.COM

Can you relate to
any of these
types of
perfectionism in
your own life?

**A Positive Approach to
Workplace conflict -
Key questions and 5
Conflict Handling
Styles**



Questions to ask ourselves before getting involved

1. **How much do you value the person or issue?**
2. **Do you understand the consequences?**
3. **Do you have the necessary time and energy to contribute?**



Five Conflict Handling Styles

1. Competing

Result: I win, you lose



Five Conflict Handling Styles

2. Accommodating

Result: I lose, you win





Five Conflict Handling Styles

3. Avoiding

Result: I lose, you lose

Five Conflict Handling Styles

4. Compromising

Result: I win some, you win some



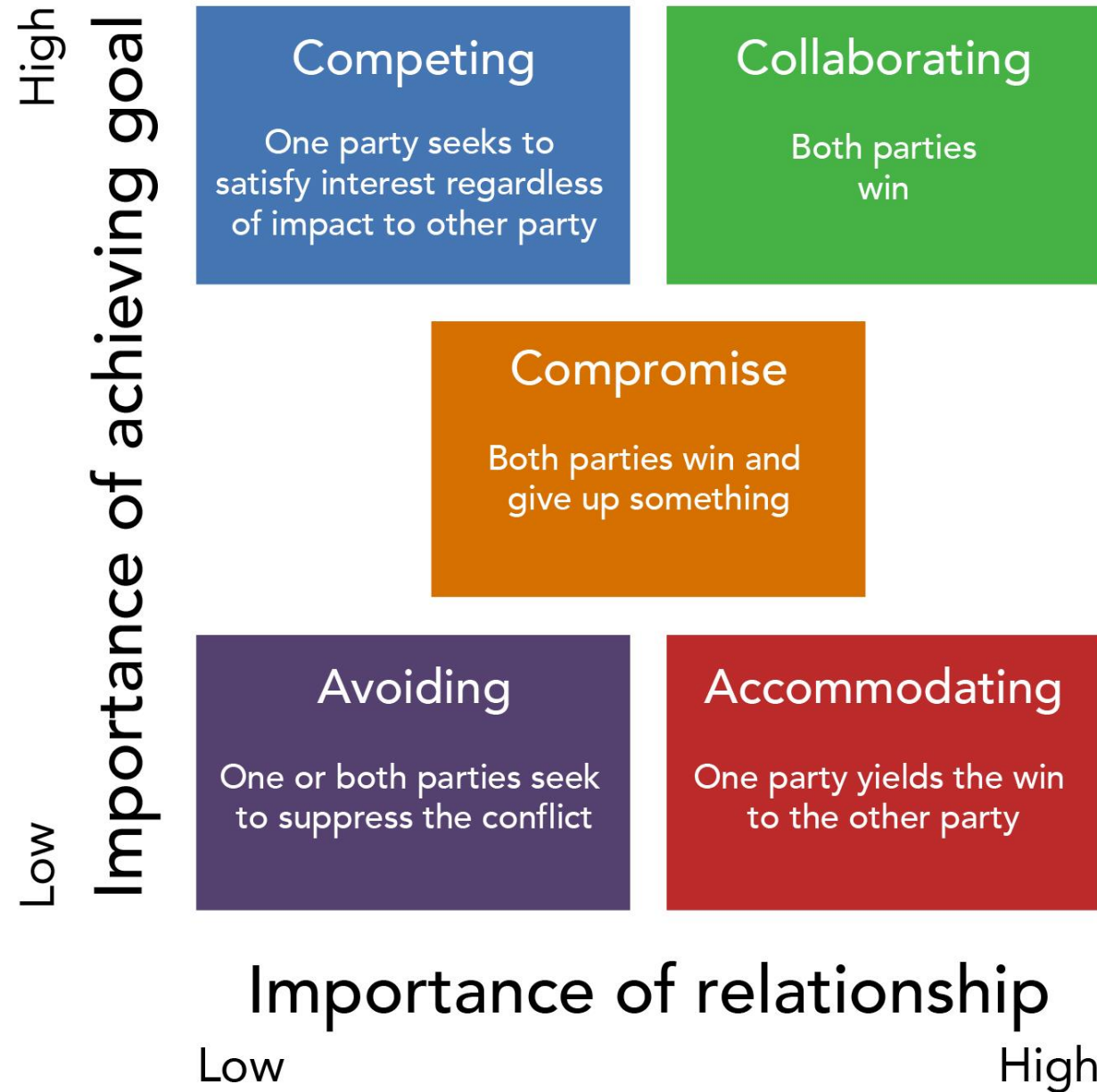
Five Conflict Handling Styles

5. Collaborating

Result: I win, you win 😊



Five Conflict Handling Styles - Overview





Reflection Time

Reflecting on the 5 discussion points about solving conflict in the workplace, think about how you could apply 1 (or even 2) into your working life.

What's coming up next week?

Session 3 – **Friday 'Onwards and Upwards'**

- Setting Boundaries
- The Cycle of Unhealthy Work Boundaries
- How to Set Healthy Boundaries
- Self Talk
- Leaving the Work on a Friday

Check-in and Signposting

