



**Wellbeing
& Recovery
College**



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Getting Through the Working Week – Session 4

Check-in from Week 3

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

Nothing is ever wrong. We learn from every step we take. Whatever you did today was the way it was meant to be. Be proud of you.

WWW.LIVELIFEHAPPY.COM



Week Four- Wrap Up Session

A photograph of a workspace. In the upper left, a portion of a silver laptop is visible. To its right is a white ceramic cup with black vertical stripes and a gold handle, filled with coffee. Several coffee beans are scattered on the white surface around the cup. In the foreground, an open notebook with lined pages lies flat, with a dark brown pen resting on the right page. The background is a soft-focus white surface.

Today we are
going to cover...

Week 4 – Onwards and Upwards!

- Rest of the week fun facts
- Taking accountability
- Self-care
- Reflection Time

Fun Facts about the rest of the weekdays

1. Tuesdays

For many employees, Tuesday is apparently the most productive day of the week.



2. Tuesdays

On the flip side, Tuesday is also the day where there's the highest number of job applications submitted, so people who have a bad Monday, don't necessarily have a better Tuesday.



3. Thursdays

In the U.K., elections are always held on a Thursday.

This may seem a little odd, especially considering there's no specific reason why, other than tradition. The last U.K. NOT to be held on a Thursday was back in 1931, when everyone voted on Tuesday.



“

Definitions of Self-Care

”

*“Any **activity** we do **deliberately** in order to take care of our **mental, emotional and physical health**”*

Self care is about the S.E.L.F

S**atisfying** – it is satisfying intentionally and personally

E**mpowering** – gives you time to rejuvenate and gain power

L**asting** – it is savoring and helps give you time

F**ulfilling** – it gives you what you need in that moment



Gentle

REMINDER:

Take care of myself
today.



Types of Self-Care

(1) Physical

(2) Social

(3) Emotional Self-Care



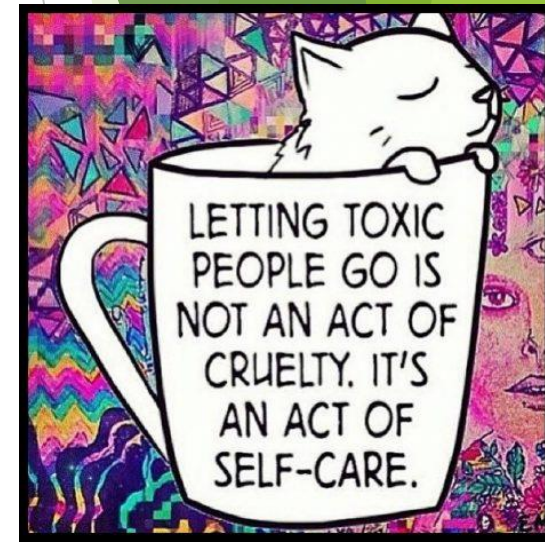
(1) Physical

- ▶ Do some stretching exercises.
- ▶ Take a walk.
- ▶ Drink more water.
- ▶ Go to bed early.



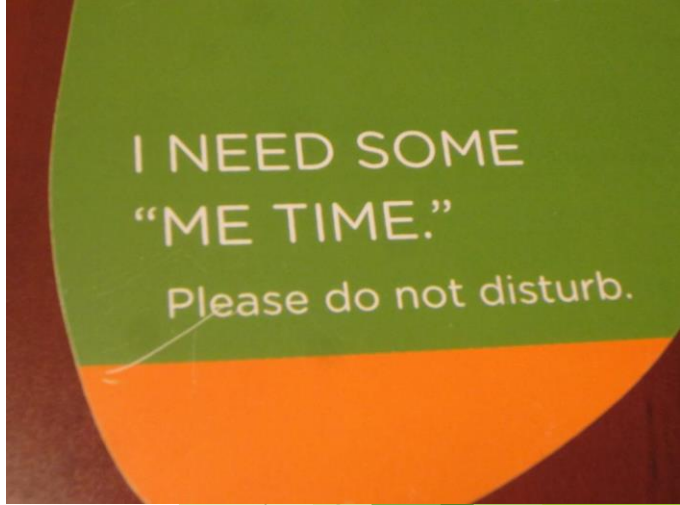
(2) Social Self-Care

- Learn to say “no.”
- Remove toxic people.
- Don’t overload your time with meeting others.
- Set time aside to call or meet with people you love.
- Understand what different relationships give you.



(3) Emotional Self-Care

- ▶ Intentionally schedule “me time” on your calendar or planner.
- ▶ Reward yourself for completing small tasks.
- ▶ Develop a relaxing evening ritual.
- ▶ Try some mindful exercises to help bring you into the present moment.



I NEED SOME
“ME TIME.”
Please do not disturb.

(3) Emotional Self-Care – cont.

- ▶ Try some adult colouring
- ▶ Remind yourself of the good stuff in life by writing a list of things you're grateful to have.
- ▶ Take a moment to allow your feelings to be present without judging them.
- ▶ Stop being your harshest critic. Allow yourself to make mistakes.

Think about your week...

- ▶ How can you build in the **one aspect of self-care** in the three areas of physical, emotional and social.
- ▶ Expand on **when** you will do them, **where** and **how** they will make you feel.



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
😊).



Accountability

Personal Accountability

*It simply means you choose to **take responsibility** for your words, actions, and behaviours, and for the outcomes that they produce, managing those outcomes if necessary. And that **you do** what you tell yourself you will do.*

Accountability video



Story Telling - Accountability



Personal Accountability

Exercise

Can you give an example of when you have not taken accountability for something you did or said.

or

Have you worked with someone who does **not take accountability?**

Why is Accountability Important?

Benefits to being Accountable

- Increase Self-Worth
- Reduces Conflicts
- Promotes Ownership
- Relationships Improve

Benefits to being Accountable

- ▶ Improves Performance
- ▶ Inspires Confidence
- ▶ Builds Trust between you and others
- ▶ Supports You in Doing New Things

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
😊).



How to boost your Accountability



1. Identify your values – Please pick your 5 top values

Accountability
Achievement
Adventure
Ambition
Assertiveness
Art
Balance
Beauty
Belonging
Boldness
Calmness
Carefulness
Challenge
Change
Cheerfulness
Commitment

Curiosity
Decisiveness
Democracy
Dependability
Determination
Diligence
Discipline
Diversity
Effectiveness
Efficiency
Ethics
Elegance
Empathy
Enjoyment
Excitement
Equality

Security
Freedom
Fun
Generosity
Goodness
Grace
Happiness
Hard Work
Health
Helping others
Honesty
Honor
Humility
Improvement
Independence
Influencing others



Looking at your 5 Top Values...

- ▶ Explain how you
use your values in
life...
- ▶ Give an example
for each...

2. Challenge your Beliefs



You have a
thought...



Challenge it...



Where is the
evidence?

Have a go with a self-limiting thought you experience....

3. Overpromise and Underdeliver

- ▶ Work
- ▶ Personal (Health)
- ▶ Social Relationships

What **areas** of your life do you overpromise?

What **steps** could you take now to **stop** overpromising?

Let's pause and
take a moment to
reflect...



List of Exercises from over the weeks

Week One

- ▶ Goal Planning – Simple steps to take every day
- ▶ Daily Affirmations – You are Enough
- ▶ Importance of Sleep- Switch off time, sleep hygiene

Wednesday

Time Wake Up; 6am

My affirmation; Breathe one step

my exercise;

am; small 10min walk
afternoon; 20min walk
evening; 10min walk
10min yoga

Three Personal Goals;

1. Drink 3 Litres Water
2. Ring a friend PM
3. Walk 10,000 steps

Three Work Goals;

1. Write Contract
2. Email Dave + Set up Meeting
3. Update CV

Three Good Things

- ① I got up early - Felt fresh + organized
- ② The sun was shining - Made me smile and help my mood.
- ③ I took care of myself today.

Morning Wake Up Time- Accountability

Affirmation- A positive self-talk reminder. Think what you need to be reminded of to support you.

Exercise- good for physical & mental wellbeing.

Three Personal Goals- balance personal & work goals. Time for self-care & daily management.

Three Work Goals- be specific, don't overload & add time limit

Three Good Things- Positive Psychology Intervention

List of Exercises from over the week



Week Two



Exercise- Snacking, Habit Stacking



Perfectionism- Self, Oriented and Socially Prescribed



Conflict Handling- Avoidance, Compromise...

List of Exercises from over the week

Week Three

- ▶ Boundaries
- ▶ Self-Talk
- ▶ Ending the Week



Time to Fly

- What exercises have you tried?
- What exercises are you going to take away with you?



Check-in and Signposting



Please take some time to fill in our Evaluation form
Thank you