

National Safeguarding Week: Monday 15th November 2021

TASPB is supporting the promotion of National Safeguarding Adults Week and is working with other organisations to raise awareness around important Safeguarding issues.

What have you done today for Self Care?

We often think about our Physical Health and keeping fit but we often forget that it is equally important to take care of our Mental Health in the same way. Every day we should be doing something to maintain our self-care and stable Mental Health.

Quick Wins

Feeling tense and stress after difficult calls or situations. Take a minute!

1. Take deep breaths, listen to your breath and try to make it slower. Count the breath if this helps.
2. Take a break from the Computer and make a drink. Try to avoid caffeine as it can increase anxiety.
3. Body scan- Sit with your feet on the floor and check where you feel tension. Tense your muscles, hold and let go.
4. Get up and move the areas that feel stiff. Lower back- roll your hips in a circle. Neck – slowly roll neck in a circle, Shoulders- lift shoulders up to ears and then let them go.
5. Take care of your body, make sure you eat and drink, don't skip meals.

Self-Care First Aid Kit

Think of five things that make you feel happy or lift your mood.

1. Think about your colleagues and who you feel comfortable with. Talk to that person and ask them if they would like to be your go to buddy and arrange a time to check in each week.
2. Practice Breathing exercises or mindfulness. There are lots of free apps that can help: Calm, Headspace, and Breath. Google Free apps.

3. Make a playlist for different feelings. Relaxing play list, Uplifting Play list and use these to change your mood. Note: If you use a relaxing playlist and you use it for two weeks, your brain will register that you relax when you play this music.
4. Try to get outside every day, don't be put off by the rain. Remember rainbows only appear when it is raining!
5. Have pictures of family, friends and holidays to remind you that there are good times.

Other things may be personal to you, some people like a bath, do an exercise class, anything that makes you feel better. Try not to add alcohol or cigarettes to your list as these are short term fixes which often make matters worse.

Support at Work

Please see the link below for TMBC Colleagues for colleagues in other organisations please get in touch with your organisational equivalent.

You can always engage with your Mental Health First Aider, in order to discuss your feelings if you don't wish to speak to a colleague.

<https://intranet2.tameside.gov.uk/GovernanceAndPensions/HR/Strive/Health-and-Wellbeing/Mental-Health-First-Aiders>

Manager support

Before you have a meeting with your manager, be proactive about what you need for support. The Mind Wellbeing Action plan helps you to understand what triggers your anxiety and behaviours which you might show which your manager would be able to pick up on.

Managers are not mind readers and they need you to be open and honest about what you are feelings. They need you to help them to find a solution to help you. You are the expert on you!

[mind-guide-for-employees-wellness-action-plans final.pdf](#)



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