

Looking After Your Sleep

We know sleep is important, but a lot of things can impact it, from working shifts, a busy mind, and many more perhaps we didn't think of before. This page is here to help you find the resources you need to look after your sleep.

Videos

Listen to how Shamilah overcomes sleep obstacles that come with shift work and having a toddler at home: <https://youtu.be/kb5EQ-AtdMs>

Find out how Nushra made changes to her after-work habits to have a good night's sleep and meet the demands of her role: <https://youtu.be/HsyXUByVxmc>

Apps



[Downdog](#): Help yourself unwind with a quick yoga practice. The Downdog basic plan is free for all to use.



[Headspace](#): Listen to "Rainyday Antiques" sleepcast for a short wind down and transport yourself to an antiques shop on a rainy night.

Social Media To Follow

Dr Julie Smith shares fun Tik Tok Videos around mental health and keeping well. Follow her on Instagram @drjuliesmith

She also hosts a podcast about sleep called [The Sleep Lab](#)



Helpful Reads

An NHS self help guide to [sleep problems](#)

[Sleepstation](#): How to get good sleep, even if you're a shift worker

[Why We Sleep: The New Science of Sleep and Dreams](#) by Matthew Walker

[Better Sleep Darebee Yoga Workout](#)



Eating and Drinking Well

Eating nutritious meals and drinking enough water can be challenging. Below you will find videos of staff sharing tips on how they managed to eat and drink well. Find other useful resources including podcasts, books, and food subscription boxes.

Videos

Check out the steps Molly takes to eat and drink well even without a regimented eating schedule: <https://youtu.be/FXKFESZx1gU>

Each year, everyone in Nikky's team brings food of different cultures. How does this impact the team? <https://youtu.be/Of3E2CNnDW0>

Useful Resources



NHS Eatwell Guide: The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.



Browse through a list of UK Meal Planning Apps. Play around with the different apps and find out which app can best help you on your journey to better eating.



Nine books that will change your relationship with food.

Social Media

Follow Kimberley Wilson @[foodandpsych](https://twitter.com/foodandpsych). She is a Chartered Psychologist and hosts a fortnightly podcast called 'Stronger Minds' where she discusses topics related to food, lifestyle, psychology and mental health

Food Subscriptions



Thinking of eating more plant-based foods?

Check out [Pick Up Limes](#), [Madeleine Olivia](#) and [Avantgardevegan](#) for nutritious, delicious, easy and exciting vegan recipes.



Exercising and Staying Active

To inspire you to get active, we have pulled together videos from staff on how they juggle their busy jobs and keep active and some useful resources and tips.

Videos

Listen to Sadie's powerful journey to better physical and mental health through exercise. <https://youtu.be/yK1PaGcUtjM>

In the middle of lockdown where almost everything is remote and our role changes, it's easy to forget to stay active. Listen to how Lucy got back into exercise after a month in bed!

<https://youtu.be/mUwM6x38EUA>

Useful Resources



[NHS Get Fit for Free](#): Suggestions for free workouts including Couch to 5k, Strength and Flex exercise plans, and more.



[Get active with a disability](#): an NHS guide to getting active if you have a disability or long-term health condition.

Social Media

[@nez_healthhub](#) is a Nike trainer, weight-lifter, and Muay Thai expert. She posts workout ideas and updates on her own fitness journey, fitting workouts into her busy lifestyle.

Fancy a walk?

Find beautiful walking routes near [London](#) and [beyond](#).

Tips on Exercising and Staying Active



Start small and work your way up! No need to join a 30-day challenge. What is feasible right now? Small walks? 5-minute yoga?



Find a buddy! No more "Oops I forgot" or "I'm really not in the mood today!" and many other variations.



Reframe: Exercise can feel daunting or too hard or you feel like you don't have time. How about reframing these thoughts?

Connecting with Others

The pandemic, social distancing and lockdown mean that it is more important than ever to consider how we are connecting with others.

Videos

Annie's team changed the nature of their WhatsApp group and Teams messages from normal contact to birthday messages and well wishes! Listen for more tips here: <https://youtu.be/c6JpiD2D0U0>

Tips for connecting at work



Try to maintain informal social support in teams (face to face and remote). We suggest having lunches/tea breaks with colleagues – virtual or social distanced



Use team meetings and existing structures such as emails, WhatsApp groups and Teams, not for normal work chat, but to wish each other happy birthday or ask how so and so is doing.

Tips for connecting at home

There are plenty of ways to connect other than a zoom call! Spice it up by playing games and watching movies together, but remotely.



Check out 200 questions to get to know someone, or join a reading group and get ideas from Sarah Cox

Struggling with loneliness?

"We all feel lonely from time to time. Feelings of loneliness are personal, so everyone's experience of loneliness will be different." [mind.org.uk](https://www.mind.org.uk)



Here is an NHS page to help with feeling lonely.



Mind also has some resources to help with loneliness.

Loneliness

Join Mind's online community: Side by Side



Taking Breaks & Recharging

With breaks in place, we can be sure we are giving the best care to our service users, colleagues, and ourselves.

Videos

Martin has been on the front line since the pandemic hit. Listen to how he copes with the pressure through breaks, exercise and eating well:

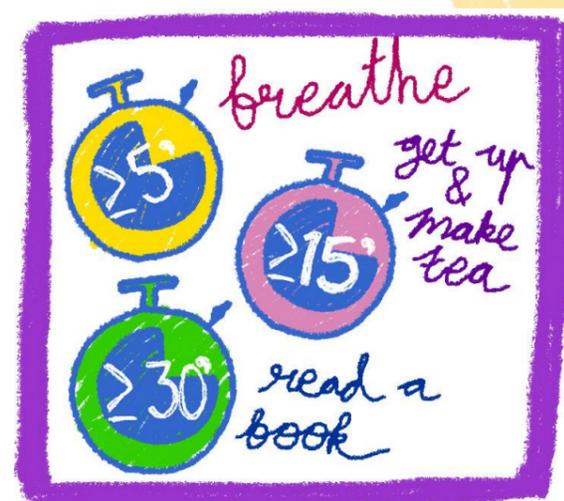
<https://youtu.be/671mCbrZSXA>

Find out how Esther learns and adjusts what works to slow down her fast-paced work and mark the start and end of her workday:

<https://youtu.be/JAOHf1nL90Y>

Taking breaks during work at home

- Spend half an hour preparing and eating lunch away from electronic devices
- Take a short walk around the block. Even better if you can find a park!
- Set reminders on your phone for break times.
- [Stretch!](#)



Take a mindful break with these mindfulness apps:

- Smiling Mind: Developed with psychologist & health professionals, 5 to 15-minute sessions organised into sections like Mindful Foundations, Sleep, Relationships and Workplace.
- Calm: Award-winning app with calming exercises, breathing techniques & a sleep stories section with voiceovers from actors like Matthew McConaughey and Jerome Flynn

Starting and ending your workday

If you work from home, have a physical boundary between office life and home life, whether it be a space, wearing different clothes, ID badge, or even an exercise that lasts as long as your work commute.

Reflect on your day. Let go of what went wrong. List 3 things that went well. Check on your colleagues and yourself. Now switch attention to home



Making Space for What's Important

We sometimes forget the things that are important to us. Take a moment to think about what is important to you. We have some questions on key areas to help you make space for them.

Videos

Making space on Fridays to go to the mosque aligns Ibrahim with his values. Find out how this affects other areas of his life:

<https://youtu.be/afoA5sI9Huk>

After spending time reflecting, find out how Suraba makes space for connection, wellbeing, and her future: <https://youtu.be/K2D3ZfVmSmE>

Space for Work:

What kind of work is valuable to you? What do you value in your work? What would make it more meaningful? What qualities do you want to bring as an employee? What kind of work relationships would you like to build?

Space for Personal Growth:

How would you like to grow? What kind of skills would you like to develop? What would you like to know more about?

Podcasts are a great way to dip your toes into something new for free, before investing more of your time and energy into it. Find a list of podcasts to listen to [here](#).

Read the latest news on topics you care about from scientists on websites such as [The Conversation](#) and [Mosaic](#). There are plenty of fiction and non-fiction books that may integrate or explain your chosen topic in an interesting way.

Space for Spirituality:

Whatever spirituality means to you is fine. It may be as simple as communing with nature, or as formal as participation in an organised religious group. What is important to you in this area of life? What kind of relationship do you want with God / nature / the Earth?

Watch how Lorraine, Louisa, Precious, and Rosemarie make space for their faith at work and beyond: <https://youtu.be/wZZgJ0m6TyU>