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Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)



Baker's Dozen of Wellbeing

Your stress management and resilience toolkit



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Pharmacy Stamp		Age: D.O.B	Own Name (including forename and address)	
Try not to stamp over age box				
Disp. End.	Number of days' treatment N.B. Ensure dose is stated:	FOREVER	NP	Rec. Reading
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
Extra	Develop FLOW in your life and in your work			
Your signature			Date	
For Dispenser No. of Prescs. On form				
PATIENTS: Please read the notes overleaf				

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Introduction

The workplace has become a battlefield. Low morale, intense workloads, decreasing resources, and exposure to trauma and high stress all mean staff are under pressure like never before. This increasingly stressful work environment takes its toll on not only your health and personal life, but also your job performance.

This toolkit will provide you with a series of resources to increase and hopefully improve your resilience, strengthen your mental toughness and allow you to carry out your life to the best of your ability.

The skills outlined are easy to learn but for them to be useful to you, **you must practise** and practise until they become a habit embedded in the way you behave. Used regularly these tools will optimise your performance under pressure, enhance your life both at work and home and enable you to function better **but** it will take time and effort.

It will be worth it.



#1

CHANGE perspective

O P P O R T U N I T Y
S

N O W H E R E

Should there be a space here?

P R O B L E M

What do you see?

C H A L L E N G E

T H R E A T

#2

BECOME MORE *optimistic*



3 IS THE
magic
NUMBER

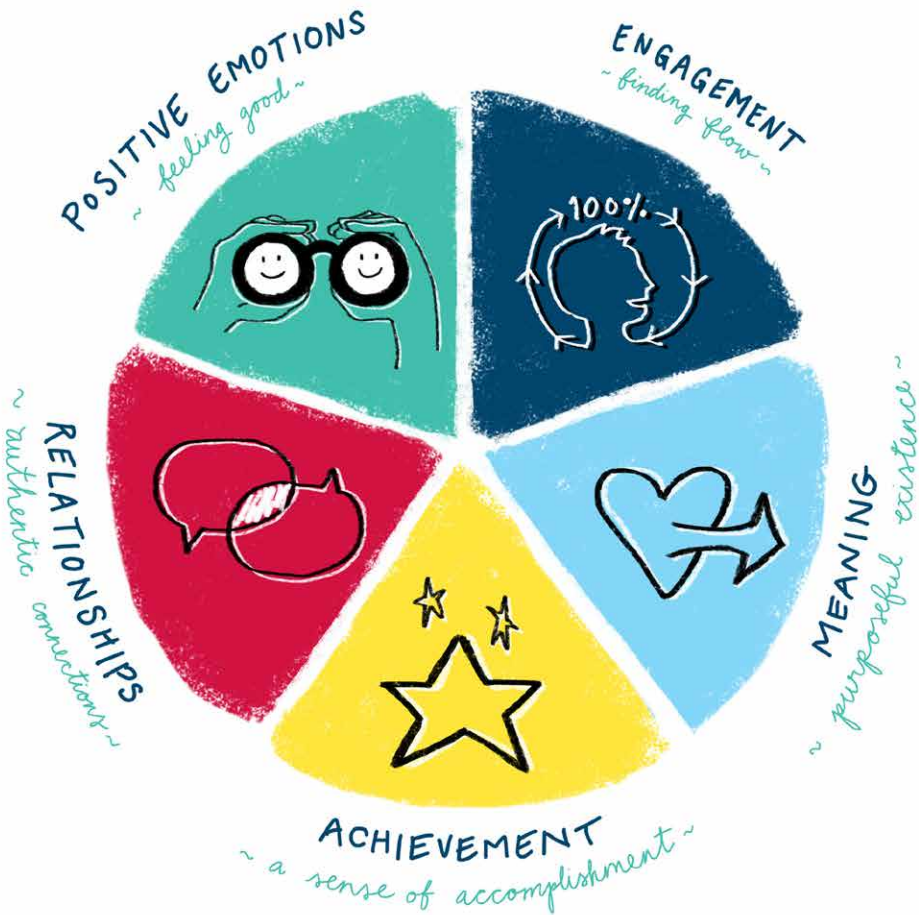
IT TAKES THREE POSITIVE
EMOTIONS / ACTIONS TO BEAT
ONE NEGATIVE ONE!

(UNLESS YOU'RE IN A RELATIONSHIP)

#2

BECOME MORE optimistic

P · E · R · M · A



#3

KEEP A gratitude DIARY



Write down 3 things
that went well for you
in the last 24 hours

#4

DO PHYSICAL EXERCISE every day

the 7-MINUTE workout



JUMPING JACKS



WALL SIT



PUSH-UP



ABDOMINAL CRUNCH



STEP UP



SQUAT



TRICEPS DIP



PLANK



HIGH KNEES RUNNING IN PLACE



LUNGE



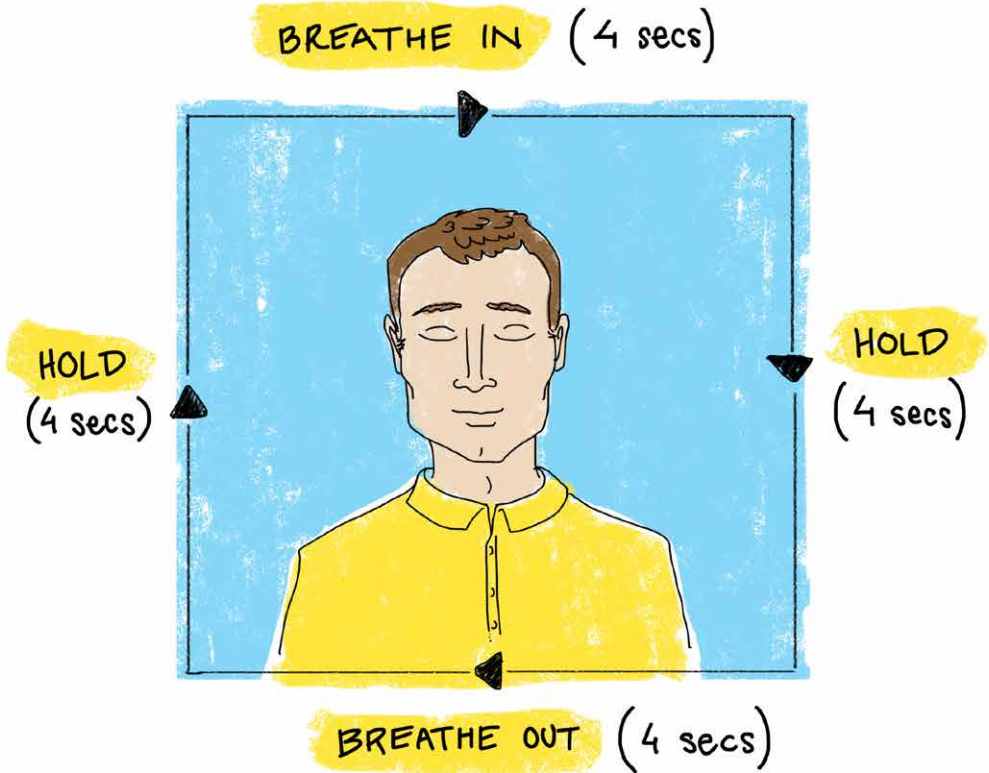
PUSH UP & ROTATION



SIDE PLANK

#5

TAKE A BREAK TO meditate



box breathing

#6 Become a STRESS MANAGEMENT EXPERT

part 1: the HELICOPTER TECHNIQUE



IMAGINE FLYING UP...



... AND LOOKING DOWN ON YOUR SITUATION.



IN YOUR 0-80 LIFESPAN,

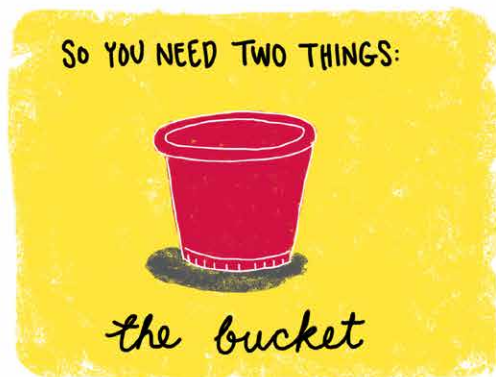
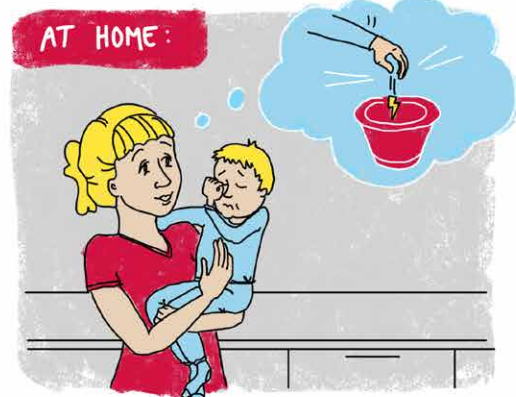


HOW IMPORTANT WAS
THAT INCIDENT?



#6 Become a STRESS MANAGEMENT EXPERT

part 2: the STRESS BUCKET



#7

GET BETTER sleep

AT HOME

USE YOUR BEDROOM
FOR TWO THINGS

ONLY:



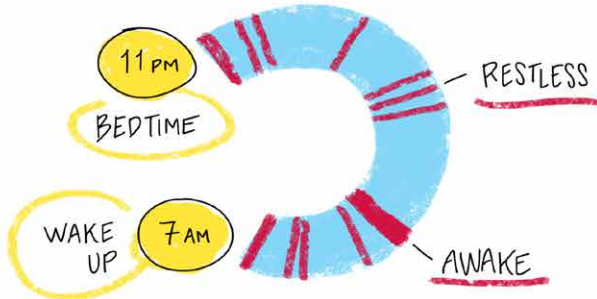
OR



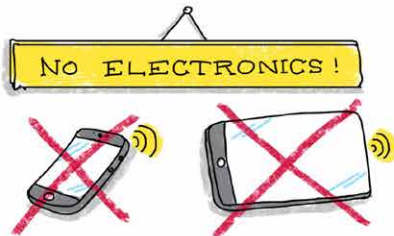
OPTIMISE YOUR
SLEEPING POSITION



GET TO KNOW
YOUR
sleep cycle



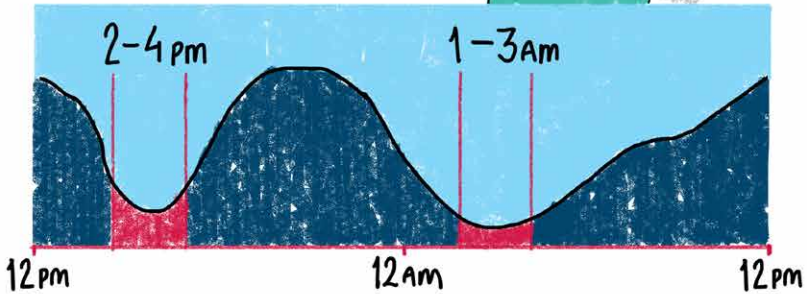
BANISH THE
BLUE LIGHT!



#7

STAY ALERT at work

KNOW YOUR
DIPPING
POINTS



IF YOU NEED TO
STAY ALERT,
FIND TIME TO
HAVE A QUICK
nap.



#8

Improve your DECISION MAKING

the WRAP model

PRACTISE THIS!



WIDEN YOUR OPTIONS



REALITY TEST YOUR ASSUMPTIONS



How will I feel
about this in

10

minutes?
months?
years?



ATTAIN SOME DISTANCE

How will I
cope?



PREPARE FOR FAILURE

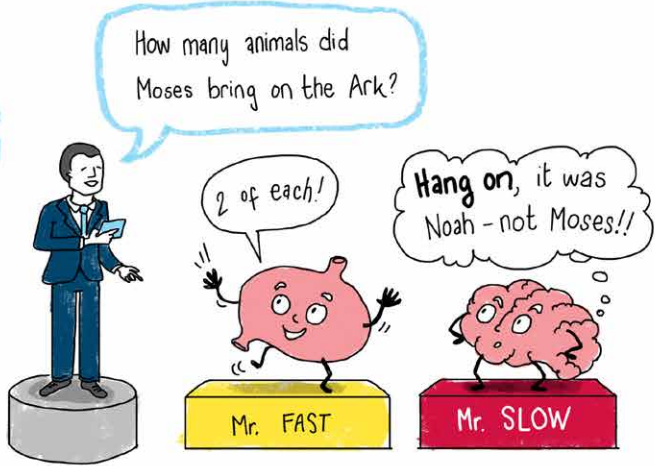
#8

Improve your DECISION MAKING

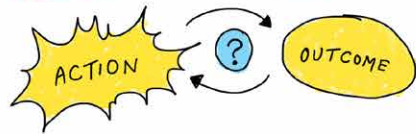


Be aware of how your brain can respond:

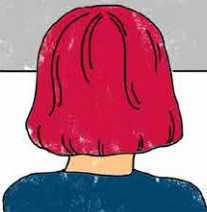
FAST
OR
SLOW



Use pre-mortems



ASSUME THE WORST HAS HAPPENED.



FAST FORWARD A MONTH AND LOOK BACK.



WOULD YOU HAVE DONE ANYTHING DIFFERENTLY HAD YOU KNOWN THE OUTCOME?



#9

ASK FOR help

Don't be afraid to ask...



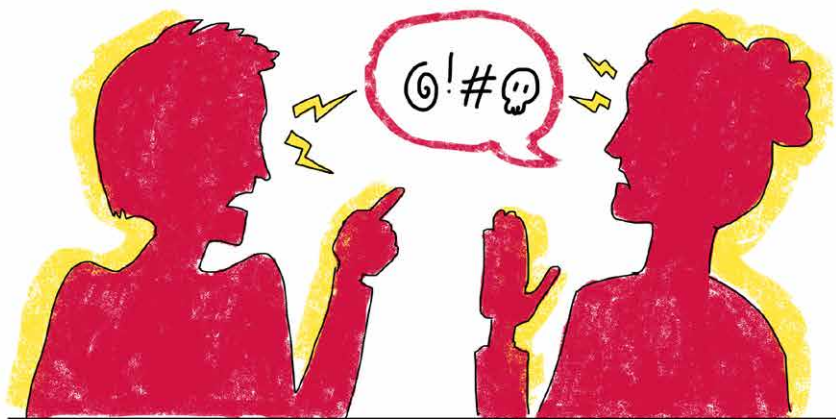
...and let go of the ego!



Use the expertise in the room

#10

LEARN TO DEAL WITH conflict



ANGER IS NOT A GOOD WAY TO DEAL WITH CONFLICT...



... INSTEAD, BE ASSERTIVE AND RESPECTFUL OF OTHERS

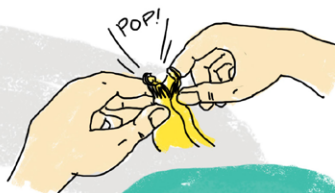
#11

LEARN something new REGULARLY

HOW To
peel
a
Banana!



TAKE THE
BOTTOM END



SQUEEZE IT
WITH YOUR
FINGERS



PEEL BACK
—
VOILÁ!

ALSO CHECK:

HOW To
tie your
shoe laces



GO FIND OUT!

KEEP LEARNING



YOU DON'T KNOW WHAT YOU DON'T KNOW
AND YOU MAY NOT EVEN KNOW
WHAT YOU THINK YOU KNOW!



AVOID HALT in you and others



#13

Smile! & VISUALISE SUCCESS



References / Recommended Reading

INTRODUCTION

Clear, James (2018) *Atomic Habits*, Random House Business

CHANGE PERSPECTIVE

- Duckworth, Angela (2016) *Grit*, Vermillion
- Frankl, Viktor (1946) *Man's search for meaning*, Beacon Press.

OPTIMISM

<http://losada.socialpsychology.org/>

- Seligman, Martin (2006) *Learned Optimism: How to Change Your Mind and Your Life*, Vintage Books USA
- PERMA website: www.positivepsychologyprogram.com

GRATITUDE DIARY

Emmons, R. A. & Stern, R. (2013) *Gratitude as a Psychotherapeutic Intervention*, Journal of Clinical Psychology, 69, 846–855.

EXERCISE

- Klika, B. & Jordan, C. (2013) *HIGH-INTENSITY CIRCUIT TRAINING USING BODY WEIGHT: Maximum Results With Minimal Investment*. *Acsms Health & Fitness Journal*, 17, 8–13.
- App: Johnson & Johnson 7 minute exercise app

MEDITATE

- Tan, Chade-Meng (2012) *Search Inside Yourself: Increase Productivity, Creativity and Happiness*, Collins
- Peters, Steve (2012) *The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness*, Vermillion
- Harries, Dan (2014) *10% Happier*, Yellow Kite
- App: *Headspace*

MANAGE STRESS

- Cooper, Cary (2003) *Managing the Risk of Workplace Stress: Health and Safety Hazards*, Taylor & Francis Ltd
- Sapolsky, Robert (2004) *Why Zebras Don't Get Ulcers*, St Martin's Press

SLEEP

- Littlehales, Nick (2016) *Sleep: The Myth of 8 Hours, the Power of Naps... and the New Plan to Recharge Your Body and Mind*, Penguin Life
- Walker, Matthew (2018) *Why We Sleep*, Penguin

DECISION MAKING

- Heath, Chip and Heath, Dan (2014) *Decisive: How to Make Better Decisions*, Random House
- Kahneman, Daniel (2011) *Thinking Fast and Slow*, Penguin
- Duke, Annie (2019) *Thinking In Bets*, Portfolio

DEAL WITH CONFLICT

- Harris, Thomas A. (1995) *I'm Ok, You're Ok*, Arrow Books

LEARN

- Oakley, Barbara (2014) *A Mind for Numbers: How to Excel at Math and Science (Even If You Flunked Algebra)*, Tarcher
- Ericsson, Anders (2016) *Peak: Secrets from the New Science of Expertise*, Bodley Head
- Collins, Ben (2015) *How to Drive*, Pan

TAKE CARE OF YOURSELF – HALT

Nance, John J. (2008) *Why Hospitals Should Fly: The Ultimate Flight Plan to Patient Safety and Quality Care*, Second River Healthcare Press

SMILE

<https://www.scientificamerican.com/article/the-mirror-neuron-revolution/>

DEVELOP FLOW

- Kotler, Steven (2014) *The Rise of Superman: Decoding the Science of Ultimate Human Performance*, Quercus
- Stacey, MRW (2018) *How to be a resilient doctor*, BJHM

