

## Taking Care of ourselves

As we move through January let's shine a light on the importance of self-care, looking after ourselves, this supports us to keep looking after each other, and our patients/clients. Take a moment and think about how much time you spent last week focusing on your own health and wellbeing? How did you take care of you? What could you intentionally take forward for yourself in 2025 that will support your wellbeing?

To help you get started we've created a self-care menu for you to taste things and dip into, exploring what works for you, taking small steps over time can help you to make and feel the difference in your own health and wellbeing, effects that ripple out to others.

### Starters

- ♥ **Read in less than 5 mins:** [What exactly is self-care and why do we need it? - BBC Bitesize](#)
- ♥ **Do one of these in less than 5 mins:**
  - Get up and move around for a few minutes / Refill your water bottle and take a drink / Chat to a colleague for a few minutes / Step outside for some fresh air / Pause, breathe and notice something positive from your day
  - Stop and take 5 deep breaths - breathe in for 4, out for 6 or use this video to guide you [3 minute Deep Breathing Exercise | Video | Therapist Aid](#)
  - [5 Minute Chair Yoga Stretch for Beginners | Quick & Easy Follow Along Routine](#)
  - [RAIN: A SELF COMPASSION PRACTICE FOR HEALTHCARE WORKERS - Circle of Hope Community Services](#)
- ♥ **Do one of these in less than 10 mins:**
  - [7 Minute Qigong Routine - Easy Beginner Practice to Invigorate the Qi](#)
  - [Progressive Muscle Relaxation Exercise | Video | Therapist Aid](#)
- ♥ **Be inspired by a visual:**
  - [typesofselfcare-1.png \(909x1212\)](#)
  - <https://soniasparkles.com/look-after-yourself/>
  - [Fit your own oxygen mask first!](#) from July 2024, sign up for Leading to Change weekly emails and check out their events and resources

### Main course

- ♥ **Do:** Ask your colleagues for help with a work task when you need a little more support / Ask your manager for help with your workload if you feel it is too much and impacting on your health and wellbeing and that includes not being able to take your breaks or go to the toilet / Take your lunch break
- ♥ **Be inspired by:** [5 ways to wellbeing at work poster](#)
- ♥ **Read and Do:** Have you thought about creating a plan to support your self-care and wellbeing for yourself / your team?
  - [Wellness Action Plan](#)
  - [Wellbeing planning tool | Turas | Learn](#) – read about an example of using it here [NHS Forth Valley – Manager's Toolkit](#)
  - Some people may find this useful [Staying Well Road Trip](#)

- ♥ **Do: A crossword** [Free Online Crossword Puzzles](#) **Sudoku** [Play Sudoku](#) [Play Free Sudoku online - solve web sudoku puzzles](#) / **Colouring** [5,689+ Free Online Coloring Pages | TheColor.com](#)
- ♥ **Join a Book club:** reading for pleasure can be a great way to [relax and unwind](#). Why not join the NHS Forth Valley Staff Reading Group? The group meets every second month to discuss a book, and has a dedicated Teams channel where you can share recommendations and connect with colleagues. [You can find out more here](#), or contact [fv.forthvalleylibraryservices@nhs.scot](mailto:fv.forthvalleylibraryservices@nhs.scot)
- ♥ **Listen:** Explore the world of Podcasts and / or Make a play list – here's why - [Why music is great for your mental health - Mind](#) and here's one ready made to help destress - [Spotify Embed](#)
- ♥ **Sign up** to a free step on stress course – 1 hour a week for 3 weeks - [Upcoming events - Booking by Bookwhen](#)
- ♥ **Make connections:** [ALISS](#) is all about helping you make connections in your local area. [Use the database](#) to find local groups and activities you can get involved with from choirs and book clubs to community gardens and sports activities
- ♥ **Get more active:**
  - Have a walking meeting – depending on the weather!
  - Go for a short walk away from your work area at lunchtime or before/after work
  - [Get running with Couch to 5K - NHS](#)
  - Try a Parkrun, invite your colleagues – find out more here [home | parkrun UK](#)  
Locally, there are Parkruns for Falkirk, Plean, University of Stirling. Or Jogging, many staff are involved and there are FV groups [Stirling Striders - Jog Scotland](#)
  - Sign up for a staff yoga class run by NHSFV Speech & Language Therapist Jac Smith – the [next session of classes](#) will run from 16 January - 27 February 2025

## Dessert

- ♥ At the end of the day **take even 1 minute** to think about what you achieved.
- ♥ **Read in less than 10 mins:** <https://nes.mindtools.com/aeje74l/self-care-women-leaders?from=shared-link>
- ♥ **Listen to in less than 15 mins:** [Managing Stress & Building Resilience with Dr. Tara Swart / Feel Better, Live More Podcast](#)
- ♥ **Explore Resources** / **Access** support & information [NHS Forth Valley – Staff Support and Wellbeing](#) / [Mind to Mind | NHS inform](#)
- ♥ **Do:** plan something nice for you, whatever this looks and feels like for you, it could be meeting a friend for coffee, starting a new book, having a day out, baking a cake, making something crafty, joining a choir, going for a bike ride, the list goes on...

This was developed by a small group of staff members of the FV Staff Support & Wellbeing Programme Group, who volunteered to be part of a Short Life Working Group on self-care

We welcome any feedback on this and what you would find useful around self-care

**Please take a few minutes to tell us, all information is anonymous**

<https://forms.office.com/e/S2yPKBwTym>

**If you would be interested in shaping the 2025-29 Workforce Wellbeing plan email:**  
[fv.staffwellbeing@nhs.scot](mailto:fv.staffwellbeing@nhs.scot)