

WORKSHOPS & COURSES

Anxiety

A 2-hour workshop which explores common signs of anxiety and how we can respond differently to anxiety.

Stress

A 2-hour workshop which explores common signs of stress & burnout, and tools to help you navigate difficult or stressful life events.

Low mood

A 2-hour workshop which explores how low mood might affect us and tools you can use to boost your mood.

Sleep

A 1-hour workshop exploring the importance of sleep, the process of sleep, and how to improve sleep quality and quantity.

Building resilience

A 1-hour workshop which explores the concept of resilience and habits that support our overall wellbeing.

Unwinding after work

A 1-hour workshop which explores tools we can use to create healthy boundaries between home and work.

Barriers to exercise

A 2-hour workshop which explores how we can overcome common psychological barriers to engaging in exercise.

Healthy Lifestyles

A 10-week psychologically-informed weight loss course designed to encourage healthy behaviours and address food-related beliefs and habits. Open to staff with a BMI of 25 or over.

Wellbeing Supporter training

A 4-hour training course which is designed to equip staff with the tools they need to support colleagues who are struggling with their wellbeing.

MINDFULNESS

Rest, Recharge and Reconnect

A 2-hour session supporting you to take time for yourself, build emotional resilience and understand the cause of anxiety and stress. Learn basic skills to enhance wellbeing.

Flourish: Bringing Mindfulness to Life

4x 2 hour weekly sessions which cover basic techniques and embodiment of mindful practices, along with Positive Psychology models which can enhance wellbeing, support emotional regulation and reduce perceived anxiety. This is a standalone course and underpins the Mindfulness Based Living Course which can be done at a later date to deepen practice and consolidate learning.

Mindfulness Based Living Course

8x 2 hour weekly sessions, supporting you to integrate mindfulness into your daily life. Explores stress management, managing anxiety, interest, improving emotion regulation, emotional intelligence and overall wellbeing.

MENOPAUSE

Permission to Pause

A full-day workshop based some of the most common symptoms experienced by Menopausal women. Skills and resources are shared through lived experience, peer support and teaching.

Mindfulness for Menopause

Similar to our Mindfulness Based Living Course, through the lens of Peri/Menopause. Managing emotions, reducing feelings of anxiety, isolation and feeling lost can bring about lasting transformative change. Learning new skills and using new coping strategies can be enabling, empowering and enhancing, especially through the Peri/Menopausal years.

VIRTUAL REALITY HEADSETS

Would you like to escape to a beach? Or practice some mindful breathing overlooking the sea? You can loan a Virtual Reality headset from us for 8-weeks and do just that! We were the first health board in Wales to offer this innovative technology to our staff, which provides an immersive experience in which you get to relax, play games and be introduced to mindfulness in a novel way in the comfort of your own home.

THERAPEUTIC SUPPORT

Work Based Therapy

1-1 therapy for staff who have experienced an event (or events) at work which has caused significant distress or harm.

Trauma First Aid (for individuals)

Therapeutic trauma informed support and on-going monitoring for staff members effected by a recent traumatic event at work.

Navigating Tough Times

An 8-week facilitated learning and therapy group for staff experiencing stress and burnout. Suitable for those who wish to make sense of themselves, others and their relationships, and their responses to stressors in their lives.

MANAGEMENT SUPPORT

Managing Staff Wellbeing: Providing the Best for Staff and Patients

A full day training course which explores how managers can create a culture of positive wellbeing in their teams and support individual staff members who are struggling.

Management Consultation slots

For managers who want advice on how to support a particular member of their team who is struggling with their wellbeing.

Management Booths

Our management booths offer a space where managers can speak honestly and openly about struggles and problems that they are experiencing at work. A space for managers to put their management hat to one side and discuss their own wellbeing and self-care and explore ways of moving forward.

TEAM SUPPORT

Overview of the Wellbeing Service

A short session which explores the concept of emotional wellbeing and talks staff through our support options and how to access.

Wellbeing Workshops

Workshops delivered on a particular topic that a team are interested in (e.g. anxiety, stress, low mood)

Virtual Reality taster session

These sessions give an overview of the VR headsets and how to use them, before allowing staff to try them out. If staff find the headset beneficial, they are able to request to borrow a headset from us on an eight-week loan.

Trauma First Aid (for teams)

Initial trauma informed guidance and support for managers on how to support their teams, followed by monitoring and therapeutic support for teams and departments where a traumatic work based incident has caused distress.

Menopause Moments

Menopause will affect all women, and often, the people around them. These team awareness sessions aim to limit the stigma, loneliness and suffering many women experience.

EXTERNALS SOURCES OF SUPPORT

Vivup

Our Employee Assistance Programme who provide a free 24/7 telephone helpline and free counselling for all staff: 03303 800658

Canopi

Free and confidential mental health support for NHS and social care staff across Wales: <https://canopi.nhs.wales/>

Valleys Steps

Introductory mindfulness and stress management courses in the community of CTM: valleyssteps.org

RESOURCE APPOINTMENTS

If you've looked through our Employee Wellbeing Service Care Pathway and this document and you aren't sure what support you need, we can provide a resource appointment which will give an opportunity to explore what you are currently struggling with and get some advice around what support might be helpful for you.