1. What would you like to achieve?

Eat a bit healthier.

2.

Who with

What do you need to do to achieve this?

Eat more fruit while at work rather than my usual cake, crisp and chocolates.

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

If: I feel I need the chocolate to keep me going for the rest of the day

If: It is someone's birthday and cake is brought into the office.

Then (solution)

Then: I will try my piece of fruit first to see if that helps

Then: I will ask my colleagues to be mindful of me trying to make changes and can maybe have s smaller biscuit instead until I'm comfortable.

Action plan (develop a specific plan below)WhenWhen I am working- usual working days Monday to Friday 9-5. Usually snack at 2
and 4pm.WhereIn office.How oftenWill aim to switch out for fruit every day apart from Thursday as that is always a
tough and long day.How longKeep going until I notice a difference in generally feeling better.

Will ask my colleagues to support me and try not to bring in cake and chocolate into the office or near me.

4. Self-monitoring (keep a record of your progress)

Monitor my own feelings.

Monitor on my app my weight.

Review goals (review if the plan is effective or needs monitoring)

See if I am feeling a bit healthier, and losing any weight.

What would you like to achieve? 1.

To be able to relax at night after a shift in ICU.

What do you need to do to achieve this?

Practise using progressive muscle relaxation exercises to help ease tense muscles and help me feel calm.

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

4.

If: I don't have time.

If: I think I will forget.

If: other people ask me to do things when I'm meant to be relaxing.

If: I am tempted to skip it and drink wine instead.

Then (solution)

Then:	l will do	it before	going to	bed.

Then: I will set a reminder on my phone.

Then: I will 'officially' book time out on the calendar so everyone knows not to ask.

Then: I will move the wine out to the shed.

Action plan (develop a specific plan below) 7.30pm every night. When

How long

2.

Who with

In the living room – will sit in the armchair; play from app on phone. Where Every night. How often 20 minutes. Will ask kids to do it with me.

Self-monitoring (keep a record of your progress)

Use fitness tracker to record each time I practise.

Note in diary tension levels in muscles.

Review goals (review if the plan is effective or needs monitoring)

If it's effective, I will feel more relaxed and have less tension.

1. What would you like to achieve?

To feel less worried and on edge all the time.

What do you need to do to achieve this?

Limit myself to checking social media and news websites on my phone twice day.

Limit news programmes I watch on the TV to once a day.

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

4.

If: I get the urge to look at the news or twitter on my phone.

If: I find myself clicking on notifications from social media which leads me to worrying news information.

Then (solution)

Then: I will play a game on my phone instead.

Then: I will switch off all notifications (& not just put them on silent).

2. Action plan (develop a specific plan below) When Phone - at 10am and at 2pm. TV - watch early evening news only. Where Phone - in break-out room at t-break. TV - at home in living room. How often Every day for 3 days.

How long

Who with

Phone – 10 minutes only. TV – watch one news programme only.

Phone – ask friends & family to point out if they see me using my phone. TV – agree with the family what news programme we will watch.

Self-monitoring (keep a record of your progress)

Keep a tally of the number of times I check my phone; same for how often I watch news on the TV.

Review goals (review if the plan is effective or needs monitoring)

Review after 3 days – modify if not sticking to plan

1. What would you like to achieve?

Support well being of staff - Open lines of communication & be more available.

What do you need to do to achieve this?

Safety huddles for each ward & 1 for whole service.

Do TURAS Psychological First Aid module.

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

If: I am feeling anxious.

If: I am worried staff may ask me about resources.

If: I don't know what to say to someone.

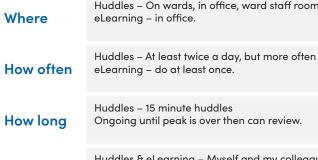
Then (solution)

Then: I will Use breathing techniques before I go into the ward.

Then: I will be honest about resources, share accurate information & keep them updated.

Then: I will rehearse approaches from the module until I'm comfortable.

Action plan (develop a specific plan below) When Huddles - All staff 7am, ward 1- 9am, ward 2 10:15am. eLearning -psychological first aid. Wednesday @ 4pm Where Huddles - On wards, in office, ward staff rooms. eLearning - in office. How often Huddles - At least twice a day, but more often at times of high capacity. el egraping - do at least once



Who with

Self-monitoring (keep a record of your progress)

Monitor staff wellbeing through systems & measures.

Monitor my own feelings.

4.

Review goals (review if the plan is effective or needs monitoring)

Staff will feel supported – ask them if they think it's working.

I will feel less stressed and worried.

Huddles & eLearning - Myself and my colleagues in managerial positions.





© NHS Education for Scotland 2023. You can copy or reproduce the information in this resource for use within NHSScotland and for noncommercial educational purposes. Use of this document for commercial purposes is permitted only with the written permission of NES.