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## Winter wellbeing special



Find the full winter wellbeing guide for managers and the winter wellbeing guide for all staff on our Thrive wellbeing intranet pages or by scanning the QR code. Take a look below for a snapshot of what is inside.



### Top tips from health and wellbeing champions

**Save money** if you wash your uniform at home by claiming back the tax. Register at [www.gov.uk](http://www.gov.uk).



**Save cash, stay warm** by heating the human not the home. Find this and more tips on [MoneySavingExpert.com](http://MoneySavingExpert.com).

**Take a break.** A rest break of 20 minutes can help you to refocus, reduce injury, improve creativity and reduce stress. Take breaks away from your working area where possible.



**Try a Digital Detox** to free up your time, reduce stress, and improve your social and family interactions.



**Get moving.** Activity can improve your mood, strengthen bones, boost energy, reduce body fat and improve your heart health. For inspiration visit your Team UHD Community Noticeboard.



Look out for colleagues wearing the health and wellbeing champion badge.

### Know your numbers



Our health kiosks are returning to the restaurants at RBH and Poole Hospital in January. The kiosks carry out a 'Health MOT' by testing key indicators of general health and wellbeing including blood pressure, heart rate and BMI. You will receive a personal confidential printout of results.



### Psychological support and counselling (PSC)

Confidential psychological assessment, face-to-face support, counselling and trauma therapy for UHD staff. Help with stress, anxiety, low mood and poor sleep. Scan to self refer.



### Spotlight

#### Blue Christmas

Our chaplaincy team are here to listen and offer support for anyone who finds this time of year difficult whether because of grief, loss uncertainty or fear. Search 'Spiritual and pastoral care' on the intranet to find out more or visit our chapels on our hospital sites.

