



Thrive Live

UHD Wellbeing Fair



«Rewind

A variety of seminars, webinars, health assessments, and guidance sessions designed to empower you to **prioritise self-care and support one another.**

CLICK TO PLAY

5 steps to wellbeing: Connect

Good relationships help you build a sense of belonging and self-worth, give you an opportunity to share positive experiences and provide emotional support. You could connect with your colleagues by joining one of our [staff networks](#) as a member or an ally. Network meetings are a safe space for staff to discuss challenges and progress, and also provide opportunities for self and team development.



The art of practicing compassionate boundaries and effective communication

How to maintain your sense of **emotional wellbeing** when navigating the emotional effects of **challenging** patient facing conversations within a **healthcare** setting.

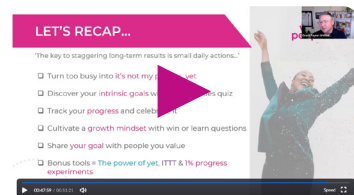


🕒 1 hour

Life by Design by Wellbeing People

Experience first-hand how to **set realistic goals** and cultivate the motivation you need to **achieve them**.

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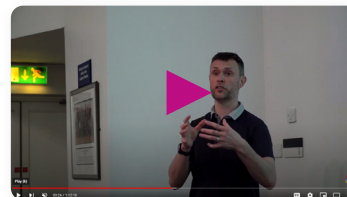


🕒 1 hour

Understanding Burnout

by Dr Lorin Taranis

This talk will discuss burnout in the context of **working in the NHS**. It will give you the chance to think about different approaches to **managing stress** and **preventing burnout**.

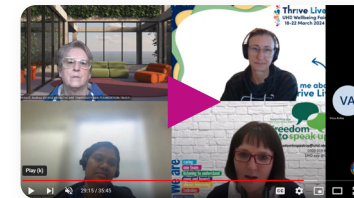


🕒 1 hour 12 mins

Staff supporting staff

by Helen Martin

Learn about **colleague support services** available at UHD and how to access them.



🕒 35 mins

Continue the conversation

Talking about mental health is hard but **checking in with colleagues** has the power to **change lives**.

Find out how to make wellbeing conversations part of your regular routine at work by reading our [health and wellbeing check-in guidance](#).

Ask

Assess

Assist





5 steps to wellbeing: Give

Acts of kindness can create positive feelings, give you a sense of purpose and help you connect with others. You could take on a challenge for our UHD Charity and raise money to help provide the extras for parents with babies in NICU, fund two new robotic tilt tables or fundraise for additional items for the BEACH building. Take a look at their current appeals and challenges on their [website](#).



The Happiness Blueprint

by Wellbeing People

Learn **happiness habits from around the world** and educate yourself to empower others.

Passcode: SOA02258-8



1 hour

Cultivating emotional resilience and resourcefulness

by Here for Each Other

Explore what emotional resilience and resourcefulness is and how to **manage difficult emotions** using cutting edge neuroscience and mindfulness.

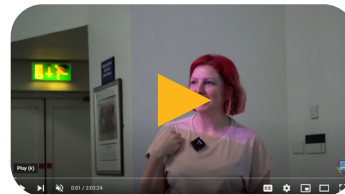


1 hour

Wellbeing essentials for Others

by LiveWell Dorset

Improve your effective **wellbeing conversation skills**. Advice to **help you to support others** to make positive lifestyle changes and work towards goals.



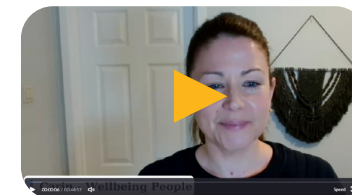
2 hours

Human Centric Management

by Wellbeing People

This session will support you to **enhance personal emotional regulation**, create a culture of **psychological safety** and embed powerful coaching tools into everyday scenarios.

Passcode: SOA02258-9



45 mins



Does your team have a health and wellbeing champion?

Our network of champions are here to support your health and wellbeing, so it's important you know who they are. If your team doesn't have one, **could it be you?** [Learn more.](#)





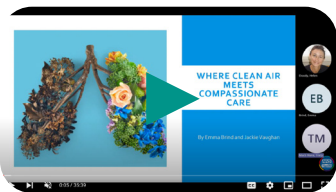
5 steps to wellbeing: Take notice

Paying more attention to your present thoughts and feelings, your body and the world around you can positively change the way you feel about life and how you approach challenges. At UHD we regularly hold [Schwartz Rounds](#) where clinical and support staff come together to reflect on the emotional issues and unique challenges of working in the NHS. Coming to a Schwartz Round can give you greater insight into your own responses and feelings.



Where clean air meets compassionate care

Do you want to quit smoking? We are here to **help you navigate your smoke free journey**. Find out how UHD staff can access expert support and **free Nicotine Replacement Therapy**.



35 mins

Wellbeing essentials for you by LiveWell Dorset

How to implement the **'Five Ways to Wellbeing'** in your life and **manage stress** by recognising healthy boundaries and **building your resilience**.



2 hours

Resilience and Mental Fitness by Wellbeing People

Learn hands-on practical tools to help **manage stress, enhance resilience**, and **improve mental fitness** to achieve goals.

Passcode SOA02258-7



1 hour

Mindfulness by Here for Each Other

Explore the psychology and neuroscience of stress and mindfulness. Learn self-management skills using evidence-based mindfulness techniques.



1 hour

EcoEarn



Log your wellbeing activities like staying hydrated, taking 10,000 steps and connecting with nature on [EcoEarn](#) for a chance to **win a £20 voucher!**

Sleep well

[This video](#) from Dorset Healthcare CBT and mindfulness therapist Ellie Sturrock has information on the myths around bad sleep and tips for creating an environment to help you sleep well.





5 steps to wellbeing: Be active

Getting up and moving has lots of benefits which can positively impact your mood, such as improving sleep and helping to manage stress. Our [community noticeboard](#) is the place to go if you're looking for local activities or groups to join with colleagues. There's park yoga, Sunday afternoon cricket, cold water swimming and more!



Healthy legs

by occupational health

Exercises and advice from UHD physiotherapists.



7 mins

Supporting lifestyle change

by LiveWell Dorset

Find out how LiveWell Dorset can help you **stop smoking** for good, **cut down on alcohol**, **get more active** and **achieve a healthy weight**.

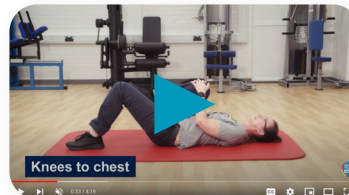


30 mins

Looking after your back

by occupational health

Exercises and advice from UHD physiotherapists.



4 mins

Desk based exercises

by occupational health

Exercises and advice from UHD physiotherapists.



8 mins

UHD Health Hub

Your monthly newsletter featuring the latest wellbeing offers, information and resources.

Find it on the [intranet](#) and @UHD app. Don't forget to share it with your team!





5 steps to wellbeing: Learn

Learning new skills boosts self confidence by helping you to build a sense of purpose and connect with others. Did you know that our UHD library team offer training to help you learn new skills such as academic writing, reflective writing, understanding Health Literacy and literature searching? [Visit their website](#) to find out more and book a session with one of our librarians.



Understanding Menopause

by Dr Tim Hillard

An overview of the menopause; what it is, what the symptoms are and what the treatments are.

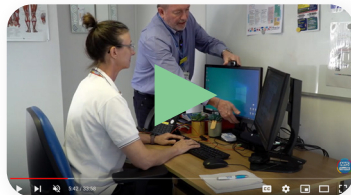


 1 hour 10 mins

Tips for setting up your workstation

by Tony Bodycombe

Are you sitting comfortably? Poor chair posture can lead to lower back problems. Join UHD's health and safety risk advisor and ergonomist for hints and tips on how to make your space safe.



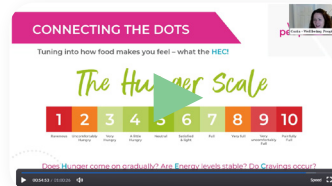
 33 mins

Maintaining energy and managing cravings

by Wellbeing People

Learn how different types of hunger affect our cravings, **how to eat for sustainable energy** and manage your blood sugar.

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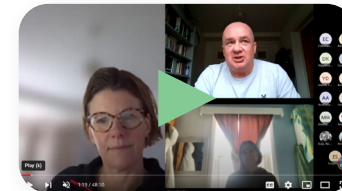


 1 hour

Financial wellbeing advice

by Money Helper

Exploring **everyday money** and **discussing money troubles**.



 48 mins

UHD wellbeing support

Thrive
wellbeing

Look out for our badge across all of our communications channels to stay up to date with events, offers and resources. Access wellbeing support on the UHD intranet, website and @UHD app.





University Hospitals Dorset
NHS Foundation Trust

**For more information on
any of our wellbeing offers, please email
organisational.development@uhd.nhs.uk**