

Looking after your team's health and wellbeing guide

Inspiration Library

March 2023

People Promise





Inspiration Library



Facilitators guide



Identify your team's wellbeing goals



Creating a safe and inclusive space to talk about wellbeing



Looking after your emotional, physical and mental health



Ensuring you have a safe working environment



Collaborative and supportive relationships that promote social wellbeing



Finding meaning in the work you do and bringing your whole self to work



Knowing where to go when you need wellbeing support



Review and revisit



Inspiration Library





Getting started

How to create time and space for your team to think and share ideas (Bite size learning)

NHS Institute for Innovation and Improvement – The facilitator’s toolkit

Our NHS People Promise

NHS Equality and Health Inequalities Hub

NHS England – 15:1 programme – Short videos to help you learn about religion, culture and communication, the equality act and civility and respect

NHS – an example of a going home checklist

Start well, end well – Short video that provides a practical approach to support each other

NHS health and wellbeing framework

NHS Values

NHS England – Safer and healthier workplace success stories, tools, events and training



Identifying your team’s wellbeing goals

NHS Employers **How are you feeling NHS? Toolkit**

NHS – **Wellbeing Conversations – Resources on how to have wellbeing conversations including video guides and templates.**

NHS Employers – **Health and wellbeing conversations - resources on how to have wellbeing conversations including video guides and templates.**

Greater Manchester Health and Social Care Partnership wellbeing conversations **guide** and **template**.



Knowing where to go when you need professional wellbeing support

Supporting our NHS people – **Tips on helping you manage your health and wellbeing and look after others**

Hub of Hope – **Local health and wellbeing support**

NHS – **Check my emotional and mental wellbeing**

CIPD – **Job design - the role of effective job design in creating good work and assessing job quality.**

HSE’s **Talking Toolkit**

NHS – **Health and Work Network – Dedicated to maintaining a healthy motivated workforce**

Health Education England – **Time management matrix**





Creating a safe and inclusive space to talk about wellbeing

NHSNWLA – [Healthy leadership framework self-assessment](#)

NHS Leadership Academy – [Bitesize learning e.g. compassionate leadership, building inclusion](#)

The Kings Fund – [Compassionate and inclusive leadership](#) - Professor Michael West

NHS – [inspiration sharing the “why’s” and the “how’s” of compassionate and inclusive leadership](#)

NHS Horizons – [A practical guide to the art of psychological safety in the real world of health and care](#)



Looking after your emotional, physical and mental health

[Supporting our NHS people – Helping you manage your HWB while looking after others](#)

Greater Manchester Health and Social Care Partnership – [Wellbeing toolkit and programme](#)

NHS – [Mental wellbeing audio guides](#)

Skills for Care – [Wellbeing resources](#)

NHS Live Well – [Advice about healthy living](#)

NHS Kickstart your health – [Advice about healthy living](#)

NHS England – [Wellbeing apps](#)

NHS Employers – [Enabling and supporting staff to work from home](#)

NHS Leadership Academy – [Remote working guide](#)

MIND – [Wellness Action Plans – For remote and hybrid working](#)





Ensuring you have a safe working environment

ACAS Learning online – [Various courses including bullying and harassment](#)

Health Education England – [YouTube about freedom to speak up guardians video](#)

HSE - [Resources to manage stress and mental health at work](#)

National Guardians Office – [Speaking Up](#)

NHS Employers – [Risk assessments for staff](#)

HSE Stress Talking Toolkits – [Talking guide – prompts for the team to discuss stress at work](#)

NHS England – [Violence prevention and reduction standard](#)

[Support for our NHS People](#)

NHS Employers – [Back to basics infographic for a healthy working environment](#)

TED talk - [Amy Edmonson on building a psychologically safe workplace](#)



Collaborative and supportive relationships that promote social wellbeing

NHS Leadership Academy – [Courageous conversations.](#)

The NHS – [Civility and Respect guide](#) aims to support and promote cultures of civility and respect.

Mersey Care – [Just and Learning Culture Online modules](#)

NHS Employers – [Professionalism and Cultural Transformation Toolkit](#)

CIPD – [Five Powerful TED Talks on ethnic diversity and unconscious bias](#)

Harvard association – [Project Implicit](#) is a US non-profit organisation and international collaborative of researchers who are interested in implicit social cognition

Health Education England – [How do I handle difference](#)

NHS Imperial College Healthcare NHS Trust – [Toolkit challenging microaggressions](#)

NHS England – [6-word stories – an activity to support workplace compassion](#)



Finding meaning in the work you do and bringing your whole self to work

Find My Why – A [free and interactive questionnaire to understand yourself and what makes you happy](#)

Mental Health First Aid – [My whole self](#)

NHS England's [The Learning Hub.](#)





NHS England

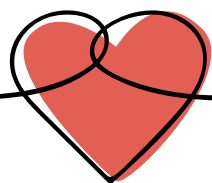
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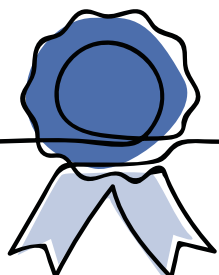
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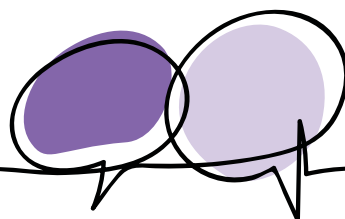
People Promise



We are **compassionate** and **inclusive**



We are **recognised** and **rewarded**



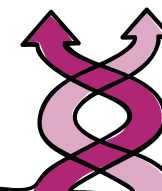
We each have **a voice that counts**



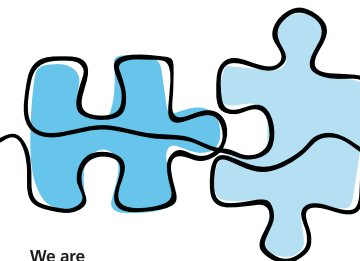
We are **safe** and **healthy**



We are **always learning**



We work **flexibly**



We are **a team**