

Self-care checklist and action plan

- Make time for yourself to do something you enjoy e.g. read a book or meet for a coffee with a friend
- Move your body
- Connect or check-in with a colleague, friend or family member
- Get outside in the fresh air and take notice of your surroundings
- Learn something new e.g. watch a documentary that interests you, or cook using a new recipe
- Eat something healthy and drink plenty of water
- Have some screen-free time

One thing I am grateful for:

One thing I will do more of to look after my wellbeing:

Do you work in health and social care across Leicester, Leicestershire and Rutland?

Make time for more good days for your health & wellbeing

Support is available for you.

Scan the QR code for more information



Health and Wellbeing support

Your health and wellbeing matters to us.

The Health and Wellbeing Partnership is committed to supporting health and social care staff across Leicester, Leicestershire and Rutland. Support is available to help you look after your health and wellbeing at work, including:

- Financial wellbeing and support with cost-of-living
- Psychological support and counselling services in addition to initiatives designed to support your mental health
- Staff benefits
- Guidance for making healthy lifestyle changes to support your physical health
- Menopause awareness
- Learning and development

Visit the Health and Wellbeing Partnership website to find out more.

An easy technique to help you stay present and grounded when you might be feeling anxious or worried is to identify:

- 5** things you can see
- 4** things you can feel
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste

Financial Wellbeing

With the rising cost of living, making your money stretch further can feel increasingly challenging. If you are finding it difficult to cover essential costs it can put pressure on you both physically and mentally.

We have put together a range of practical guidance to help you manage your finances more confidently, and know where to access the right support at the right time should you need it.

To find out more about the financial support available from both local and national organisations, including support for your mental health if you're affected by money worries, visit the Health and Wellbeing Partnership website, where we provide additional information on:

- Making the most of the household offers and discounts available to you as health and care staff, including Blue Light Card and supermarket discounts for money off your weekly shop.

- Community fridges and apps like Too Good To Go, which allow you to access discounted food and reduce waste.
- Ways to reduce your travel costs by using a petrol price finder, lease car schemes, or public transport money saving initiatives.
- Citizens Advice, Money Saving Expert, and Warm Homes, which provide useful guidance on saving money on your utility bills.
- Support for parents and carers to help you reduce childcare costs.