

Compassionate Care Flow

Self Care



Take care of whole self
Body; Mind; Spirit; Lifestyle
Some ways to self-care

Digital media: websites & apps i.e. Unmind; Headspace; ACT Companion- see Sharepoint and U-Matter

Mindfulness; Yoga; Pilates; Meditation
Complimentary therapies

Fitness i.e. sport; exercise

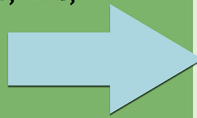
Creativity/Passions i.e. sport, music, art,
Well-being books

Take breaks

Connect

Toolkits i.e. Compassion toolkit; Self-care kit

Make use of a Calm Space/Recharge Room/Pause Pod



Care to Others

- Buddy System
- Connection
- Fun/Humour
- Random Acts of Kindness
- Giving thanks



STAY CONNECTED



Human Resources Staff Support
PSYCHOLOGY SERVICE

Compassionate Care from Others

Care from Team

- Well-being check-ins
- Peer support
- Support from Colleagues
- Support from Leaders

Human Resources Psychology Staff Support

Digital Media - U-Matter, Sharepoint
Psychology tile; Southern Trust Connect App

Supportline - T: 02837562600

Village drop-in to CAH;
T: 07595885245

In-reach Acute Team Support to CAH
T: 07774816661

Staff Check-in Support to DHH
T: 02837563683 / 02838398350

Community Outreach
Team Support
T: 02837565029

