

Working in Close Partnership with



# Supporting Our Professionals

## Managing Our Energy Levels...



### ... Taking Time to Decompress or Recharge as needed

Stress weakens the immune system, therefore **decompressing** helps regulate mood and reduces the chances of depression, while **recharging** regularly can help keep us well in mind and body.



#### Wessex LMCs – Change Of Pace: In It For The Long Haul

In this podcast, **Dr Laura Edwards** and **Dr Tamsin Betts**, GP Coach at the Dorset Primary Care Workforce Centre and Yoga teacher, discuss the challenges we are facing as the COVID journey looks like a longer, slower state of affairs than initially thought. Some of us might be heading for an energy dip – why, and what can we do?

#### Do You Need a 'Thinking Pitstop'?

This peer-to-peer support is a wonderfully brief intervention that, in 10-15 minutes, can take us from low energy and feeling negative to a much better state, just by giving us time to decompress, to do a pressure check, and to think. Just as a Formula One car can return rapidly to the track, refuelled and ready to go, so can we! Working in partnership with an international coach, **Wessex Appraisal Service** are co-ordinating training that will enable you to deliver **Thinking Pitstops** for your colleagues. For an online enrolment form, please **email** us. If you have no time to do the training but would like someone to contact you to do a

Thinking Pitstop with you, please contact us on [appraisal.wx@hee.nhs.uk](mailto:appraisal.wx@hee.nhs.uk)



#### Doctors' Common Room: Supporting, Sharing, and Learning Together

"The Doctors' Common Room is a great way to meet and connect with colleagues from across the country," says **Dr Andrew Tresidder**. "We've had the most interesting and humbling conversations with doctors. GP and hospital colleagues alike seem to value the chance to connect, share and find support."

#### NHS Practitioner Health Events Calendar

A calendar of upcoming workforce wellbeing events, including webinars, meetings, podcasts and more.



If you are feeling particularly overwhelmed or distressed, the Appraisal Service can be a safe place to talk to someone in confidence. Please contact us on [appraisal.wx@hee.nhs.uk](mailto:appraisal.wx@hee.nhs.uk) marked CONFIDENTIAL and we will get back to you.

