A close-up photograph of several cosmos flowers with orange and yellow petals against a clear blue sky. The flowers are in various stages of bloom, with some fully open and others as buds. The stems are thin and green, with small leaves visible. The background is a soft, out-of-focus blue sky.

# PSYCHOLOGICAL WELLBEING MATTERS

An ECHO presentation for  
healthcare workers

# 1. The Bigger Picture and Context

- Acknowledging external and environmental factors that impact our wellbeing:
  - Bushfires
  - Pandemic
  - Floods
  - War
  - Family/Community/Organizations/Workplace/Country/World



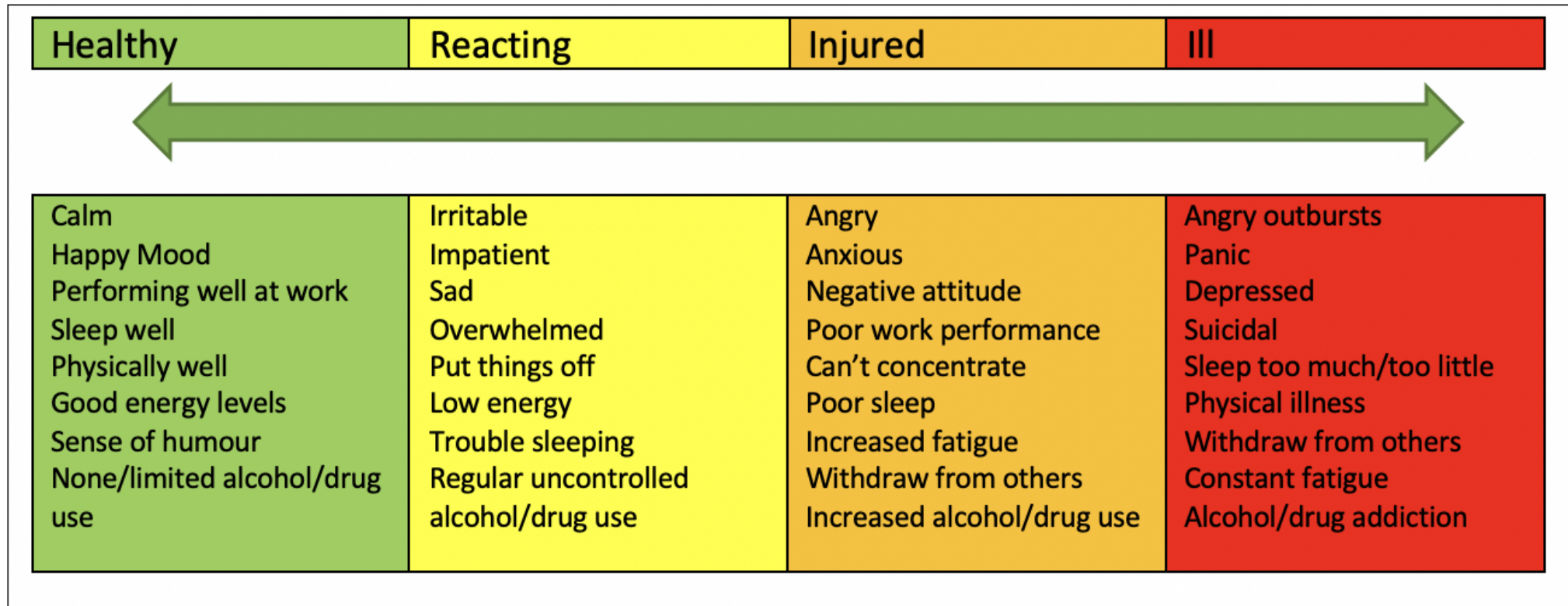
Need for us focus on our psychological wellbeing

## 2. What words best describe your wellbeing at the moment?

- Are you:
  - Tired/Worn Out/Exhausted
  - Stressed
  - Okay
  - Hopeful
  - Content
  - Well
  - Unwell



### 3. The Mental Health Continuum Model – *a way to think about our psychological wellbeing*

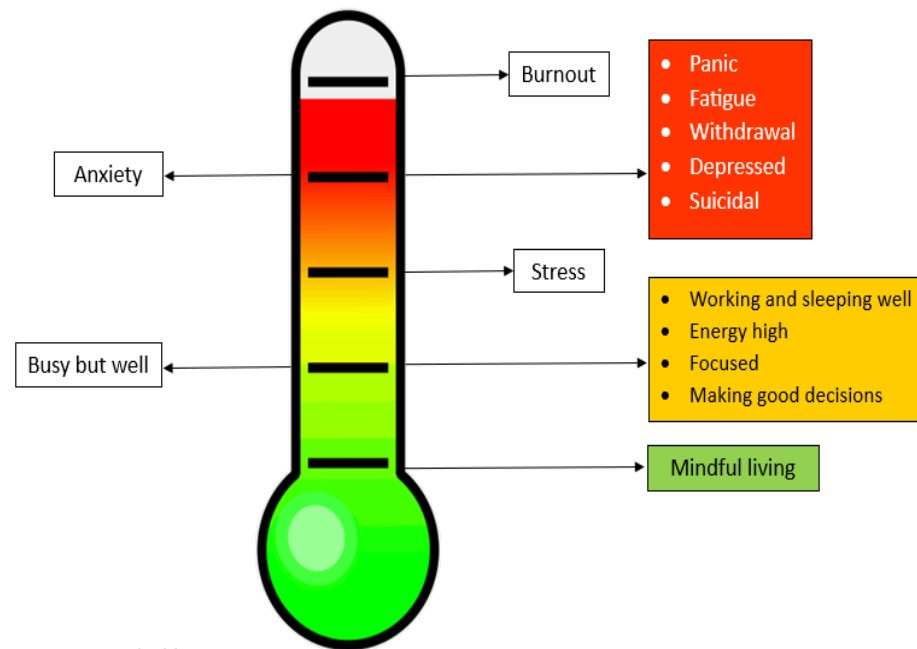


***The Mental Health Continuum*** – (courtesy NMHPV)

Where are you on the continuum?

If you are in the orange zone or heading towards or in the red zone, do you know where to go for help/support?

## 4. The Stress Level Thermometer – Check-in



Courtesy - Samuel Eddy

- ***Take your stress thermometer temperature regularly*** to monitor yourself and how you are managing your psychological/mental health and wellbeing

- open a chat/discussion with work mates “I’m in the green today, where are you?” “How’s your Stress Level temperature today?”

## 5. Stress Temperature Definitions

- Important to know the **differences** – different symptoms and outcomes require different management strategies and approaches
  - **Tiredness** (strain and wear we feel at end of the day, that can be remedied by rest, sleep and relaxation)
  - **Fatigue** (extreme tiredness that builds up over time, can be relieved with lengthy breaks/time out)
  - **Burnout** (extreme and **progressive fatigue** that is not remedied by sleep, breaks/time out. Marked by fatigue that is physical, emotional, mental and psychological and extreme indifference/detachment. Others will often notice your symptoms more than you do)
  - **Compassion fatigue** describes the physical, emotional, and psychological fatigue experienced through/result of helping others — through stress or trauma.
- Important to know what you can and can't change – letting go of what you can't

6. How do you know stress is affecting you? (common signs and symptoms)-

***The physiological/other responses:***

- you're not sleeping
- lost your appetite
- feel irritable or anxious
- arguing with partner
- don't feel rested after sleep
- less or no energy
- worry more
- forget things
- not finishing tasks at work



7. Where/what situations do you feel/recognize you are most stressed?

- Is it at:
  - at work
  - home
  - with family
  - in social events/activities
  - elsewhere





## 8. What helps you manage your stress (what things/people/activities help)?

- Important to know what helps you manage your stress
- Is it physical activity/exercise?
  - alone or in a group
  - Indoors/green or the blue
- Is it through a spiritual practice?
- Socializing? *(Being with family/friends)*
- Movie
- A Book
- No one right way to manage stress – just important to pay attention the best ways for you to manage yours

# 9. What We Can Do To Help our Wellbeing at Work

## Taking Care of Ourselves throughout the Work-Day

- taking our breaks
- speaking up when you need help
- eating well and staying hydrated
- stepping outside for a brisk 10-minute walk at lunch time
- Reduce the stress you need to off-load at the end of the day, by unpacking the stress as you go

 ***Not waiting until the end of your work-day to take care of yourself***

We have a workplace responsibility to be “**work fit**”, **capable** to work – this means to ensure we take care of ourselves so that we can work

## 10. Paying More Attention To Yourself



Our body holds the score on how we feel and carries the stress and tension of the day in our muscles, our organs and other parts of it



Pay attention to the **headache**, shoulder or **back pain** you feel through your day – what is it telling you about what is happening in your day?



What do you need to do right now to take care of this part/aspect of yourself



**Never ignore pain, or** the niggle in your lower back or the headache you feel coming on

# 10. The Going Home Checklist

## Going Home Checklist

- Take a moment to think about your day
- Consider one thing that went well today
- Acknowledge one thing that was difficult during your workday – now, let it go
- Check on your colleagues before you leave - are they ok?
- Are you ok?
- Choose an action to do **right now**, as you leave, that will signal the end of your workday
- Now switch your attention to home – how will you rest and recharge

# 11. Rituals and Routines

- Routine provides **structure** and **certainty**
- **In a world with so much uncertainty and change – it is good to have some things we can rely on and know are going to happen** *(especially when they support our wellbeing)*
- Our workplaces run on routine and structure – they are good in our personal lives as they are in our working lives
- What routines support your wellbeing?
- What routines can you strengthen to make them more intentional self-care activities?

## 12. Sleeping Well

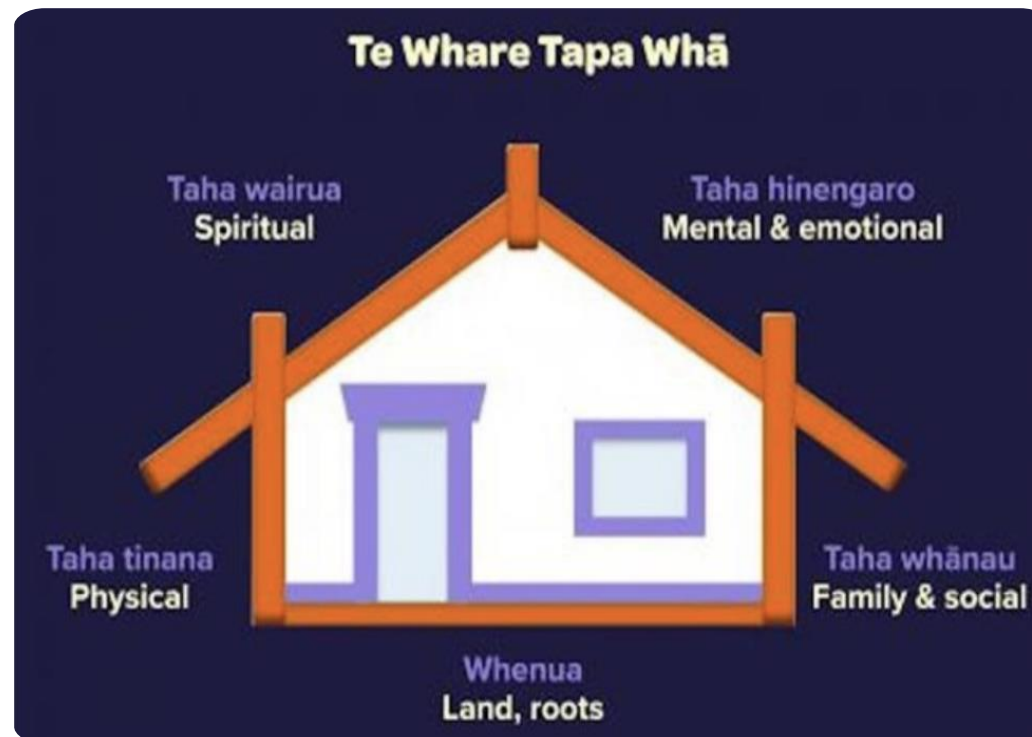
- Learn to associate bed with sleep
- Wake up at the same time
- Resist sleeping in late to make up for lost sleep – but do treat yourself to a sleep in occasionally
- Don't nap during the day
- Avoid caffeine in the evenings/afternoon
- Regular exercise during the day or early evening
- Abstain from smoking, alcohol and screen-time for at least an hour before going to bed
- Do not use alcohol to help you sleep
- ***Develop a short and relaxing evening routine to help you to wind down and get in the 'mood' for sleep.***



### 13. Taking Care Of All The Parts of Yourself – the **Te Whare Tapa Whā Model**

Model of 4 dimensions of wellbeing (Sir Mason Durie 1984) that provides Māori perspective on health.

- **taha tinana** (physical wellbeing)
- **taha hinengaro** (mental wellbeing)
- **taha wairua** (spiritual wellbeing)
- **taha whānau** (family wellbeing)



The logo consists of four dark teal curved lines of varying lengths arranged in an arc, resembling a stylized face or a traditional Māori design.

# Te Whare Tapa Wha

The walls and the ceiling of the wharehui (**meeting house**) is a symbol of 4 dimensions of health.

The wharehui's **connection with the whenua (land)** forms the foundation for the meeting house and for personal health and wellbeing. the health of the land and the natural environment is strongly connected to your health and wellbeing. You can think about whenua as your place of belonging. For Māori, the whenua is a key part of identity.

*By nurturing and strengthening walls of the meeting house, and the connection to (land, roots), we support our health and wellbeing, and the health and wellbeing of our whānau (family).*

*If something in our life is challenging the wellbeing of one wall of the house or one dimension of our health, we can draw on the foundation and other walls until we can strengthen that wall - or ourselves - again.*



### **Spiritual - Wairua**

Life force – who you are, where you came from, where you are going  
Connection to the universe/sacred  
Expressed through beliefs, values, traditions and practices that support self-awareness and identity.

**Consider** what are you grateful for today  
Notice the beauty in the world around you  
Take time to thank someone for how they

### **Mental & Emotional – Hinengaro**

Mind, heart, conscience, thoughts and feelings.  
How we feel and communicate.  
How we express ourselves and reach out to others.  
Learning how to manage stress supports our Hinengaro

**Consider** what new things can you learn today?  
How can you maintain routine to support wellbeing?

### **Physical – Tinana**

Physical wellbeing is about how our body grows, feels and moves, and how we care for it.  
Nourishing and strengthening our physical wellbeing helps us cope with the ups and downs of life.  
Feeling physically well helps us feel mentally well

**Consider**  
How are you moving and feeling physically today?  
Are you hydrated?  
How do you make sure you eat nutritious food?  
Have you been outside today?  
What daily exercise do you undertake?  
How can you make sure you get good sleep?

### **Family, Social & Community - Whānau**

Whānau is who makes you feel you belong, who you care about, who you share your life with  
Whānau is extended relationships – it's also friends, hoamahi (colleagues), community and people you care about. Everyone has a place and a role to fulfil within their whānau  
whānau contributes to your individual wellbeing and identity.  
Spending time with whānau, doing things for them, gives you a feeling of purpose, connection and wellbeing.  
As a core source of strength, support, security and identity, whānau plays a central role in your wellbeing.

**Consider**  
Connecting with others is important for our wellbeing.  
Make time to check in with friends and family  
Connect with your team.  
Give yourself permission to chat a bit about non-work things with your colleagues.  
Who are you checking in with or connecting with today?

# 14. Intentional Self Care Strategies

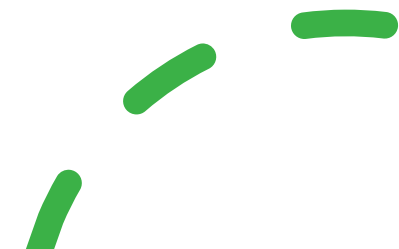
- Self-care strategies that are focused and deliberate, with the sole purpose of improving your mental health and wellbeing
- Self-care strategies from all parts of who you are:
  - physical
  - family/social
  - mental and emotional
  - spiritual



you do them to ***make you feel better*** – for your mental health as the primary reason you do them, and they have a positive impact on your wellbeing



15. What Intentional Self-Care Strategy (s) currently support your well being or could you use to improve it?





## 16. What Will You Take From This Education Session ?

- Your Responses
  - Questions/comments
  - Take home handout
- 