

SELF CARE IN PRIMARY CARE

Early interventions to boost wellness in all Primary Care Teams

THE SAMARITANS

CRISIS:
An
intervention
needs to be made.

CRISIS SUPPORT

BREATHING SPACE

Staff members are struggling to cope- this can manifest in a variety of ways including increased absence, inability to complete workload, irritability and exhaustion.

PSYCHOLOGICAL FIRST AID

HOW TO ACCESS CONFIDENTIAL MENTAL HEALTH SERVICES

Long term stress can be seen to be negatively affecting the resilience of members of the team, affecting morale, mood and energy levels. Team members may appear less engaged, pre-occupied and less willing to take on new projects as they are struggling with current workload.

WELLNESS ACTION PLANS

SELF REFERRAL TO
OCCUPATIONAL HEALTH

Stress levels are increasing and members of the team may not be coping as well as before. At this stage it can be beneficial to check in regularly with team members and to engage in regular supportive conversations. Let team members know of ways to increase their emotional, mental and physical health. Don't forget to review your own coping mechanisms.

HOW TO SUPPORT YOUR TEAM
COACHING FOR WELLBEING

WELLBEING PLANNING TOOL

Work and general life stressors are manageable. Stress levels can be regulated with regular daily self care including exercise and adequate sleep. Emotional support needs are met by friends, family and peers. This is a good time to initiate conversations about wellbeing within the team so that staff members are able to appreciate how stress can affect them and their coping mechanisms and will be better able to recognise when they are under increased pressure.

TIPS FOR
BETTER SLEEP

STRESS, COPING AND RESILIENCE



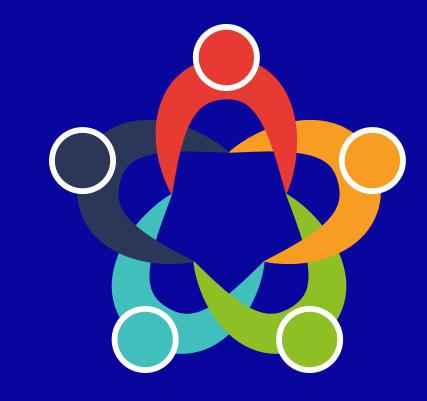
NORMALISE STAFF DISCUSSION AROUND STRESS
AND COPING AND HAVE REGULAR TIME
FOR CHECKING IN WITH ALL MEMBERS OF THE TEAM.



WATCH OUT FOR SIGNS THAT MEMBERS
OF THE TEAM ARE STRUGGLING. WHAT SUPPORT
DO THEY NEED AT THIS TIME?



IDENTIFY WHEN A TEAM MEMBER, OR YOURSELF, NEEDS ADDITIONAL HELP AND WHERE TO ACCESS THIS.





ARE YOU OKAY?