

Early interventions to boost wellness in all Primary Care Teams

CRISIS:
An
intervention
needs to be made.

THE SAMARITANS
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?

