

Leadership Bites:

Mental Wellbeing

LEADERSHIP LEARNING IN 20 MINUTES



Leadership Academy

South East

Learning / Stretch:

Enhance mental capability and spark enthusiasm by stepping away from habit and doing something new

Try:

- Making up a game/challenge the whole family can get involved/compete in.
- Learning a new recipe with the ingredients in your house. Learn to sketch/play an instrument/run with Couch to 5k/Design a website/Write a blog.
- Read up on plants/vegetables for your garden.
- Watch and replicate tutorials on DIY/Makeup/Baking.

Purpose:

Feeling anchored and part of something bigger is important for self-esteem and prioritising time.

Try:

- Reframing. Notice the opportunities to be taken from this situation.
- Getting perspective. In 10 years' time when you look back at this moment, what do you want to remember? What will you tell yourself about it?
- Do something for the greater good. What's the most valuable thing you can do for yourself and others right now?

Mental Energy and Wellbeing

Mindful:

Being mindful instead of mind-full means we are present, fully focused and absorbed in an activity. Therefore more fulfilled by engaging in it, and often producing high quality outputs. Try:

- Dedicating time throughout the day to notice surroundings, nature, sounds and smells
- Deep breathing. Counting/Naming objects out loud or meditating (with or without the family).
- Photographing the same natural thing everyday to watch it's growth.
- Describing the colour of the sky in 10 words.
- Walking/running/cycling/driving a different route to usual.
- Describing out loud, the taste of your end-of-day treat.

Achievement:

Remind yourself, there's no such thing as a wasted day. You always achieve something, whether it's being more informed, rested, joyful and connected, or taking the opportunity for quality family time.

Try:

- Notice the opportunities you took today, rather than the ones you didn't. What did you gain from them?
- Setting realistic expectations. Aim for 2-3 big work tasks for the day and congratulate yourself for each one.
- Reward yourself (and family) with playtime/dancing/lunch time walk/sweet treats/games/a kickabout.
- Swapping your 'To Do' list for a 'To Achieve' list; swap the sense of tiring chores for a meaty challenge.

Engagement:

Very few people can be constantly 'on', interested and enthusiastic. To surge energy when it matters, we have to recharge the batteries and find ways to dial up tenacity Try:

- Getting ready for the day. Properly dress and style yourself for the day.
- 'Transition Rituals' – actions that you do as you move from work zone/time to relaxation zone/time e.g. stretching/switching off device notifications/nose to toes shake.
- Take the lead on a new task with new people

Time to reflect...

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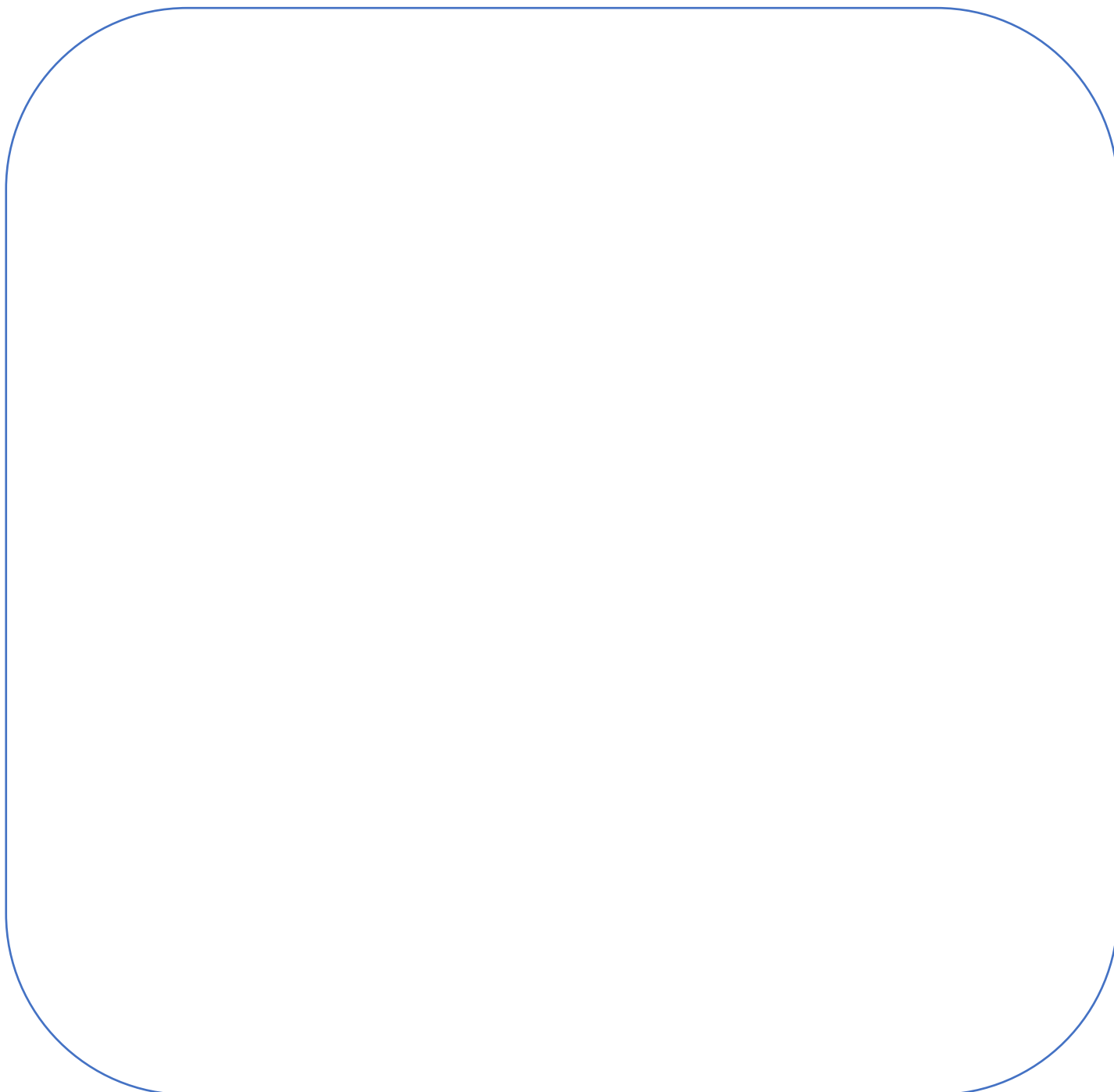
Take some time to note down your thoughts on what you've learned:

What resonated?

What has made you curious?

What small changes could you make to start having an impact differently and quickly?

What might you need to share with your team, and commit to 'testing and learning' together?



Further learning ...

For further information and learning, as well as suggested activities, feel free to visit the [People.NHS.uk](https://www.People.NHS.uk) website or our [South East Leadership Academy site](#).

