WHO ARE WE?

The Clinical School Wellbeing Team are a team of individuals dedicated to providing help and support to Clinical School staff wellbeing and mental health. We recognise national awareness days and get involved with a variety of organisations to help support these.

If you have any suggestions then please feel free to email us on cswellbeing@admin.cam.ac.uk
“Wellbeing is tricky to define – but in my experience you know it when you feel it, or when you see it in other people. I am very keen to do what I can to make working for the University of Cambridge as good for all our wellbeings as possible, not least because I think that people who feel good about coming to work are much more likely to do great work, and working as part of a group of great colleagues has often been a source or support of wellbeing for me.

I have only just started as Deputy Head of the Clinical School, having been Head of the Department of Psychiatry for six years, so I know I’ve still got a lot to learn in my new role but I look forward to meeting and hearing from more of you about how we can continue to protect and nourish our culture of wellbeing at work.”

Ed Bullmore
**MEN’S MENTAL HEALTH TALK BY TOM DAWSON**

Tom Dawson, Mental Health Nurse and CBTp therapist in CAMEO, gave a talk on ‘maleness’ and mental illness including some of the wider issues and recent changes. One attendee said it was really valuable to hear real-life examples of mental illness and the different experiences people had.

**CHRISTMAS VIRTUAL CHOIR**

We held a fantastic Christmas Choir in December with the following feedback: "Brilliant tutor and well put together. I've taken part in quite a few singing workshops and this was the best!" Thank you to everyone who joined in!

**LUCY HALL MASSAGES: POSTURE CONSULTATIONS**

Lucy Hall's consultations are 30 minute zoom sessions where the therapist reviews your home working set up and sees how you're utilising your equipment and offers advice on better mindfulness whilst working. These sessions are running all year and are enjoyed by many, with comments such as "I put these tips into practice and can feel the benefits already".
UPCOMING EVENTS & AWARENESS DAYS

FEBRUARY

3/2 Core Experience Exercise Class
10/2 Yoga with Daisy Worzencraft
11/2 Houseplant talk with Doug Steward
23/2 Dr Bike - Bike Maintenance
23/2 Lucy Hall Massages - Posture Consultations

4th February 2021 - World Cancer Day

MARCH

3/3 Yoga with Daisy Worzencraft
12/3 Tiny Pause Talk on Sleep
25/3 Lucy Hall Massages - Posture Consultations
17/3 Gile Yeo Talk on Nutrition

19th March 2021 is World Sleep Day
Nutrition & Hydration Week commences on 15th March 2021
UPCOMING EVENTS & AWARENESS DAYS

APRIL

7/4 Yoga with Daisy Worzencraft
23/2 Lucy Hall Massages - Posture Consultations

April is Stress Awareness Month
World Health Day is 7th April 2021
On your Feet Britain is 29th April 2021

We are busy planning future events including the Benefits and Wellbeing Roadshow for the Mental Health Awareness week in May. If you have speakers in mind or anything you’d like to see more of, please do let us know.

We welcome everyone to attend our Wellbeing Events all year round. Please see our wellbeing webpages to book your slots or email us at:

cwellbeing@admin.cam.ac.uk
If you’ve ever watched the ITV Game show The Cube, you will be familiar with the strategy to 'simplify'. This enables a contestant to request a simplified version of a guileful challenge. During Lockdown many of us are facing unparalleled challenges as we lead extremely complex lives, intensified by the demands of working from the microcosm of home, in less than ideal circumstances. Mindfulness practice gives us another way of tackling these challenges, as it teaches us to slow down and 'simplify.' Instead of rushing headlong into 'doing' mode, we can experience 'being mode'. Professor Mark Williams (2011) describes Mindfulness practice as bringing our actions and intentions back into alignment, enabling us to switch off autopilot and wake up to the lives that we have.

Mindfulness is about 'being' compassionate with ourselves without judgement. It's also about noticing and accepting our experiences just as they are, without changing them, and silencing our inner critical voice. It helps us become more productive as we develop our awareness; and recognise that our scattered thoughts and feelings are transient. When we focus on our breath as it flows in and out of our bodies, we can little by little experience being in the present moment. This helps us begin the process of putting ourselves back together, and back in control of our lives and in-touch with our real embodied experience.
Mindful poetry helps us refocus when our minds are spinning and we need to slow our thoughts down. Wendell Berry’s beautiful poem The Peace of Wild Things (Counterpoint, 2012) embodies the mindful sense of being in the presence of nature.

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children’s lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things
who do not tax their lives with forethought of grief. I come into the presence of still water.

And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Wendell Berry

From New Collected Poems (Counterpoint, 2012)
Mindfulness also brings awareness back to the body, as we often spend so much time caught up 'inside our heads' we block out physical bodily sensations. When we work from home we may develop tension in our neck, shoulders, back and hands from using technology or adopting a poor posture. Similarly, our legs and knees may feel stiff after sitting for a long-time in front of a screen in a locked position.

So to help you become more Mindfully aware of your body whilst home working, and start the process of 'being', here are some simple stretching exercises you can practice. Gentle movement can have a profoundly soothing impact as we hold and release tension throughout the body, improving posture and our sense of mental well-being.

**MINDFUL HAND STRETCHING PRACTICE:**

Our hands are often one of the forgotten parts of the body when we think about flexibility. Yet we are using them more than ever with technology, which can lead to hand and wrist pain. So here is a simple exercise to help you flex them and bring attention to your hands. Begin by lifting up your hands and spread your fingers out as far apart as you can. Then stretch them further and spread them a little more. Feel the stretch. You don't want to hurt your hands, just feel the stretch between the fingers, across the top of the hands and running up your forearms. Move your web spaced hands around however you wish and then relax.

**MINDFUL SHOULDER ROLLS:**

We can carry considerable tension in our shoulders so this simple set of exercises will help release and relax your muscles. As you are seated let your arms dangle by your sides and gently roll your shoulders back and forwards. Then raise your shoulders upwards towards your ears as far as they can go, roll them backwards as if you were trying to draw your shoulder blades together. Let your shoulders drop down completely, then squeeze the shoulders together in front of your body and be aware of your breathing. Repeat the rolls as gently and mindfully as you can in one direction and then the other, then drop your shoulders down and remain still so you can tune in to your bodily sensations.
Sleep is a crucial biological process, and has long been recognised as an essential determinant of human health and performance. Whilst not all of sleep’s functions are fully understood, it is known to restore energy, promote healing, interact with the immune system and impact upon both brain function and behaviour. Even transient changes in sleep patterns, such as acute sleep deprivation, can impair judgement and cognitive performance, whilst long-term aberrations have been linked to disease development. Global trends in sleep suggest a decrease on average sleep duration. Given these trends and the implications of sleep for health and well-being, better characterisation of sleep characteristics represents a public health priority.

Sleep is known to be regulated by three main factors: circadian rhythms, sleep–wake homoeostasis and cognitive-behavioural influences. With regards to behavioural determinants, poor sleep quality has been associated with stress, anxiety, smoking, sugary drink consumption, workplace pressures, financial concerns, regularity of working hours, physical activity, sleep regularity and commuting times.

Article from "The future of sleep health: a data-driven revolution in sleep science and medicine".

With this in mind, book onto the Tiny Pause Sleep Session on Friday 12th March to learn more about how sleep impacts our physical and mental wellbeing, the causes behind poor sleep and techniques proven to help improve your sleep.
CAMBRIDGE BOTANICAL GARDEN PASSES

FREE ENTRY TO THE BOTANICAL GARDENS!

We are pleased to confirm that the Clinical School have renewed our membership with the Botanical Gardens and have a number of passes which allow free entry for Clinical School staff. The gardens remain open to the local community to enjoy walking and wellbeing during this current time.

To gain entry, it's important to firstly check availability of passes by contacting the Clinical School Reception on 36700 and informing the team of the date and time you intend to visit and also request a pass number. This will allow us to monitor the number of passes being used at any one time and avoid you being turned away at the gate.

Once you have been given a pass number, advanced bookings for the gardens are essential and you must currently pre-book using the following link, select the date you would like to attend and choose the 'Friend' option – Free of charge.

If you require more than 2 tickets, please call 01223 336265 (select option 5) to speak to the enquiries desk (open Monday – Friday 9.30 – 4.30 (exc. 1-2pm). On arrival, you must show your booking confirmation and membership card if you have collected a physical copy or mention the Clinical School and pass number at the ticket office. Please note that entry will be refused if you have not pre-booked your visit.

As always, please stay safe and ensure you are abiding by current government guidance at all times and remain socially distanced from other households.

Visit www.botanic.cam.ac.uk for more information on the beautiful gardens.
Every member of the School community has a part to play in engendering a culture of respect, with a zero tolerance approach to inappropriate behaviours.

I believe an inclusive environment promotes a positive work culture in which everyone feels valued for their skills and contributions and is able to thrive. This is vital to us all if we are to succeed in our mission to provide great training and education, contribute to high quality clinical care and produce world leading research that will improve the health of patients and populations.

“Doing great work in a great place to work”

Professor Patrick Maxwell, Regius Professor of Physic & Head of the School of Clinical Medicine
The School's new Respect at Work programme seeks to convey the expected behavioural standards, providing training, education and tools to help minimise poor behaviours, and identify pathways for intervention, should interpersonal behaviour persistently fall short of the standards expected.

Please join us for our Active Bystander Training on 18th February to empower staff to challenge poor behaviours which have become normalised and bring about change.

We also have the Respect at Work training on Thursday 16th March, which is set to ensure you are aware of what is acceptable/unacceptable behaviour, bullying, harassment and discrimination. It will also make you aware of your rights and responsibilities, what to do if you have experienced unacceptable behaviour, and the sources of support available.

To book, visit: https://wellbeing.medschl.cam.ac.uk/events/
To provide feedback, please email us at csrespectatwork@admin.cam.ac.uk
HELP & SUPPORT SERVICES

UNIVERSITY SPONSERED SUPPORT

QWell:
Online counselling and wellbeing platform launched by MIND
www.qwell.io

Togetherall:
24/7 online global community to support your mental health
www.counselling.cam.ac.uk/togetherall

INTERNAL SUPPORT

University Counselling Service:
Email: counselling.cam.ac.uk
Phone: 01223 332865
https://staff.counselling.cam.ac.uk

Occupational Health:
Email: occhealth@admin.cam.ac.uk
Phone: 01223 336594

Human Resources
www.medschl.cam.ac.uk/human-resources/contacts-us/

Our Mental Health First Aiders
https://wellbeing.medschl.cam.ac.uk/mental-health-first-aid/

EXTERNAL SUPPORT

MIND:
Mental Health Charity
Phone: 0300 123 3393
www.mind.org.uk/

Samaritans:
24 hour support line
Phone: 116 123

Refuge:
24 hour domestic violence helpline
Phone: 0808 2000 247
www.nationaldahelpline.org.uk/
“I HAVE DECIDED TO BE HAPPY, BECAUSE IT IS GOOD FOR MY HEALTH.”
- ANONYMOUS

ALL WE HAVE IS NOW

We are born in one day. We die in one day. We can change in one day. And we can fall in love in one day. Anything can happen in just one day

-Gayle Forman
OK, WE DUG OUT THE CAR,
NOW WHAT?

MARTY, WHATEVER HAPPENS
DON'T EVER GO TO 2020!

When someone asks what your method is for homeschooling

I have no idea what I'm doing.

but I know I'm doing it really, really well.
The University recognises the importance of ‘good wellbeing’ and is committed to providing a healthy working environment and improving the quality of working lives for all staff whilst creating a culture where staff can talk openly about mental health.

We are keen to hear from staff who are willing to share their journey or other experience of mental health. It is important for us all to raise awareness of these struggles and know how to seek support. Should you wish to share with us, please get in touch

Email us at cswellbeing@admin.cam.ac.uk

And don't forget to follow our Twitter page @clinical_hr where we keep you all up to date with upcoming events, news and articles.

Our new Wellbeing webpages will be up and running soon. For the time being, see https://wellbeing.medschl.cam.ac.uk/ for information on support services, wellbeing activities and events.

Author: Sophie Gray
BE WELL.