

# Looking after yourself and your teams



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[Healthy Living](#), micro-course, 3.15 minutes

This module explores the importance of a healthy diet, exercise and sleep and the influence each of these can have on your health and well-being. We will look at a variety of food types, explore the benefits of exercise and look at some methods for improving the quality and quantity of your sleep

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[Benefits of good sleep](#) , micro-course, 3.1 minutes

Sleep has a direct impact on your physical and mental health, with a lack of sleep or poor-quality sleep proven to take a serious toll on your mood, energy levels and workplace productivity. This module explores why sleep is important for your general health and well-being and helps to identify habits, behaviours and environmental factors which could be affecting your sleep.

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**[Positive thinking](#)** - video, 2.45 minutes.

Positivity is not about having your head in the cloud, it's about recognising the negative aspects of a situation and choosing to focus on the opportunities instead. As a positive workforce is a more productive workforce, this module explores the power of positivity in the workplace and how it can be improved.

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**[Mental health](#)** – video, 2.35 minutes

Mental health affects everyone and should be treated the same way as physical health. As a manager it's your responsibility to look out for the mental well-being of your team and ensure they

receive the support they need. This module explores what an organisation can do to support individuals in the workplace who are suffering with a mental health problem

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### **eBooks**

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**[Happiness and Self-Care](#)** – Book chapter

Medical professionalism is not only concerned about patient satisfaction and safety but also with physicians' happiness and satisfaction. Self-care and personal well-being are fundamental tenets of medical professionalism, because physicians ought to care for themselves while attending to their duty to patients and society.

Practicing medicine can often be emotionally taxing and challenging. In addition, systemic issues—such as decreases in autonomy and increases in clerical burden—have often been cited as causative factors to unprecedented and widespread levels of physician unhappiness and burnout. This chapter will

limit its focus on what we individually can do to cultivate happiness and well-being in our personal and professional lives.

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**[Mental health and emotional wellbeing](#)** - Book chapter

Rapid response teams (RRTs) were developed to respond to clinically deteriorating patients in an effort to reduce preventable in-hospital deaths. Upon activation, they must simultaneously correct deranged physiology, perform necessary procedures, communicate with other providers, and triage the patient to the most appropriate level of care.

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**[Mental and physical health](#)**- Book Chapter



This chapter aims to bring together theory and practice in linking physical and mental health through exploration of the biopsychosocial model of health and illness. It will investigate mechanisms for enhancing both mental health (and well-being) and physical health using a population health approach.

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**[The Path Forward: The Role of Hospitals and Health Systems in Advancing Health and Well-Being for Individuals and Communities](#)** - Book chapter

The many challenges and obstacles to compassion that we encounter can be viewed as “positive disintegration”<sup>1</sup>: the stress, anxiety, and crises that we face are important opportunities for our personal growth, maturation, and transformation.

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## Looking after yourself—support available for staff

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**Domestic  
abuse**

**Health and  
Wellbeing  
hubs**

**Mental health  
first aid**

**Meditation  
and  
mindfulness**

**NHS England  
support**

**Peer  
support**

**Prepare  
your mind  
course**

**Psychological  
teams  
support**

**Self care**

**Spiritual  
care**

**Wellbeing  
apps**