

Riding Out The Storm: Navigating The Stresses of Critical Care

If the last three years alone have not been enough to make you 'jump ship'- critical care is in your blood. You are still here, doing the job that you love, and for that we thank you!

Remind yourself that 'calm waters never made a skilled mariner' and that all of these challenges can only make you stronger.

Whilst caring for your patients you must make time to care for yourself.

These tips have been collected by myself to share with others in order to promote a healthy and positive team.

The better you 'show up for yourself', the better you 'show up for others'.

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STAY IN TOUCH

- Grow a plant /enjoy a garden
- Phone a friend rather than text
- Spend time with children /animals
- De clutter your home and car
- Have a break from technology
- Learn to be 'present' & mindful
- Speak to someone new
- Love people NOT things
- Buy experiences. Make memories
- If you can't change it, accept it
- Avoid the news-read bits from a newspaper that you WANT to read

BE KIND TO YOURSELF

- Speak to yourself like you would a friend
- Make boundaries & respect those of others
- Leave your phone off / on silent
- Does it add value / make you happy?
- Learn to say no to somethings / people
- Avoid toxic people / negativity / gossip
- Stop overthinking & comparing to others
- Process your feelings – talk about them
- Break tasks into smaller 'chunks'
- Turn I can't into I can't as yet!



GIVE TO OTHERS

- Ask people how they *really* are
- Volunteer your time
- Buy a homeless person a meal
- Invite friends for coffee / lunch
- Give unwanted items to charity
- Smile more – even if it's hard
- Offer to baby sit / pet sit
- Let cars merge in front of you-relax
- Tip well & compliment people
- Buy treats and share them

STAY FIT AND ACTIVE

- Have a routine & make 'me' time
- Engage with nature daily
- Vary your walks – and take a dog!
- Gentle exercise better than none
- Make lists and tick off items
- Do something fun & laugh out loud
- Dance to music in your kitchen
- Visit the beach / a lake monthly
- Take the kids to the park & play
- Take up yoga / a new sport
- Shop for a friend / neighbour



REFERENCES AND FURTHER HELP

PODCASTS

- The Diary of a CEO – (motivational interviews) **Steven Bartlett**
- Feel better, Live more with **Dr Rangan Chatterjee**
- Happy Place – **Fearne Cotton**
- The Mindset Mentor – **Rob Dial**
- Slo Mo: A podcast with **Mo Gawdat**
- Lets talk about mental health – **Jeremy Godwin**
- Griefcast with **Cariad Lloyd**
- Life Lessons Podcast with **Simon Mundie**
- Nursing Matters – **Royal College of Nursing**
- On Purpose – **Jay Shetty**
- Desert Island Discs – many great episodes from inspirational guests
- Heal the Hurt – **Kenny Weiss**
- I AM... with **Jonny Wilkinson**

WEBSITES

- Anxiety UK at <https://www.anxietyuk.org.uk>
- Bereavement – free confidential support phone line 8am-5pm 0900111 4451 and website www.thegoodgrieftrust.org
- Mental health Webchat at <https://thecalmzone.net>
- <https://hubofhope.co.uk> A website full of resources. Put in your postcode and it offers lots of help and services in your area.
- Mind – Nottinghamshire at <https://nottinghamshiremind.org.uk>
- The Samaritans at <https://www.Samaritans.org>

EAT HEALTHY / SLEEP WELL

- Have a handful of seeds/nuts a day
- Drink coffee during 'am' only
- Get out in the sunshine daily
- Reduce fatty/carbs/junk food
- Don't stock up on alcohol-buy only when you plan to drink it
- Try and limit cigs/vapes/booze
- Make soup from veggies
- Batch-cook and freeze meals
- Early bath, bed and then book!
- Make your bedroom a sanctuary

LEARN SOMETHING NEW

- Write a blog/journal
- Learn a new language
- Read a different type of book
- Learn a new card game or trick
- Tackle a difficult puzzle
- Fix something at home
- Watch something educational
- Listen to a TED talk /podcast
- Learn guitar/piano etc.
- Help a child with homework

BOOKS

- **Aisbett B** (2019) Taming the Black Dog: A Guide to Overcoming Depression
- **Cope et al** (2020) How To Be a Well Being
- **Gawdat M** (2019) Solve for Happy
- **Haig M** (2015) Reasons to Stay Alive
- **Mathur A** (2021) Know Your Worth
- **Mort S** (2021) A Manual For Being Human
- **Muller G** (2021) Unlost: A journey of Self Discovery and the Healing Power of the Wild Outdoors
- **Nelson C** (2019) Things I learnt from Falling
- **Tyler J** (2021) A walk from the wild edge
- **Many also available in audio format wherever you purchase your e books**

APPS/Other help

- **Ambience Sleeping Sounds**
Campaign against living miserably (**CALM**)
talk free 5pm- midnight 0800 689 5652
- **Gratitude Daily Bullet Journal**
Happy Place: **Fearne Cotton**
- **Headspace.com** – guided meditation and tips to build healthy habits
- **Nature Sounds**
- **Shout** – text free anytime to 85258 for help with mental health
- **Worklife Central** – Help for careers,families,Inclusion, wellbeing and workplace