



# Welcome to the Carers Conference 2019

# Bedfordshire Wellbeing Service



# Agenda

- Recognising difficulties and that you are not alone
- Promoting your own mental wellbeing
- Planning to change
- Living by your values



# A quick note....Stress Check

- No obligation to complete these questionnaires.
- They help the service to determine service user needs across the county.
- All information will be kept confidential.
- If you would like to complete a questionnaire please do so and hand it in to me at some point during the rest of today's proceedings.
- If you require further support we can arrange for one of our team to contact you



# Activity

- Describe your most significant achievement over the past 6 months to the person sitting next to you.

- Now please give each other a massive round of applause.



- **Because what you do really matters.**

# Common difficulties for carers in this ongoing balancing act

- Stress
  - Anxiety
  - Depression
  - Physical illness
- 
- 71% of carers have poor physical and/or mental health (ONLY INDIVIDUALS WHO REPORT, LIKELY MUCH HIGHER)

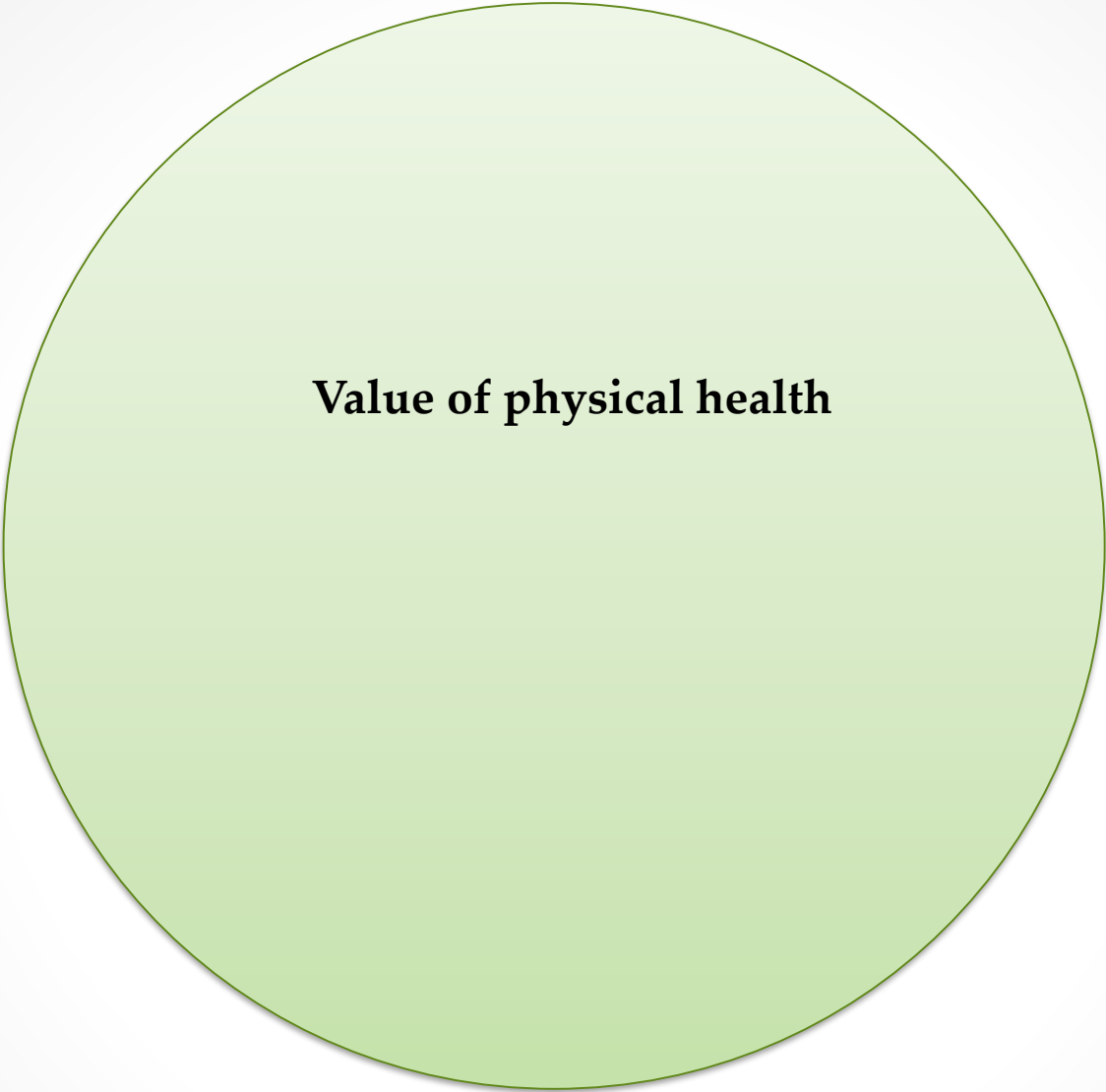
(Mental Health Foundation, 2019)

# Question??????

The following circle represents the value you place on your physical health.

What would be the corresponding size circle for your mental health?



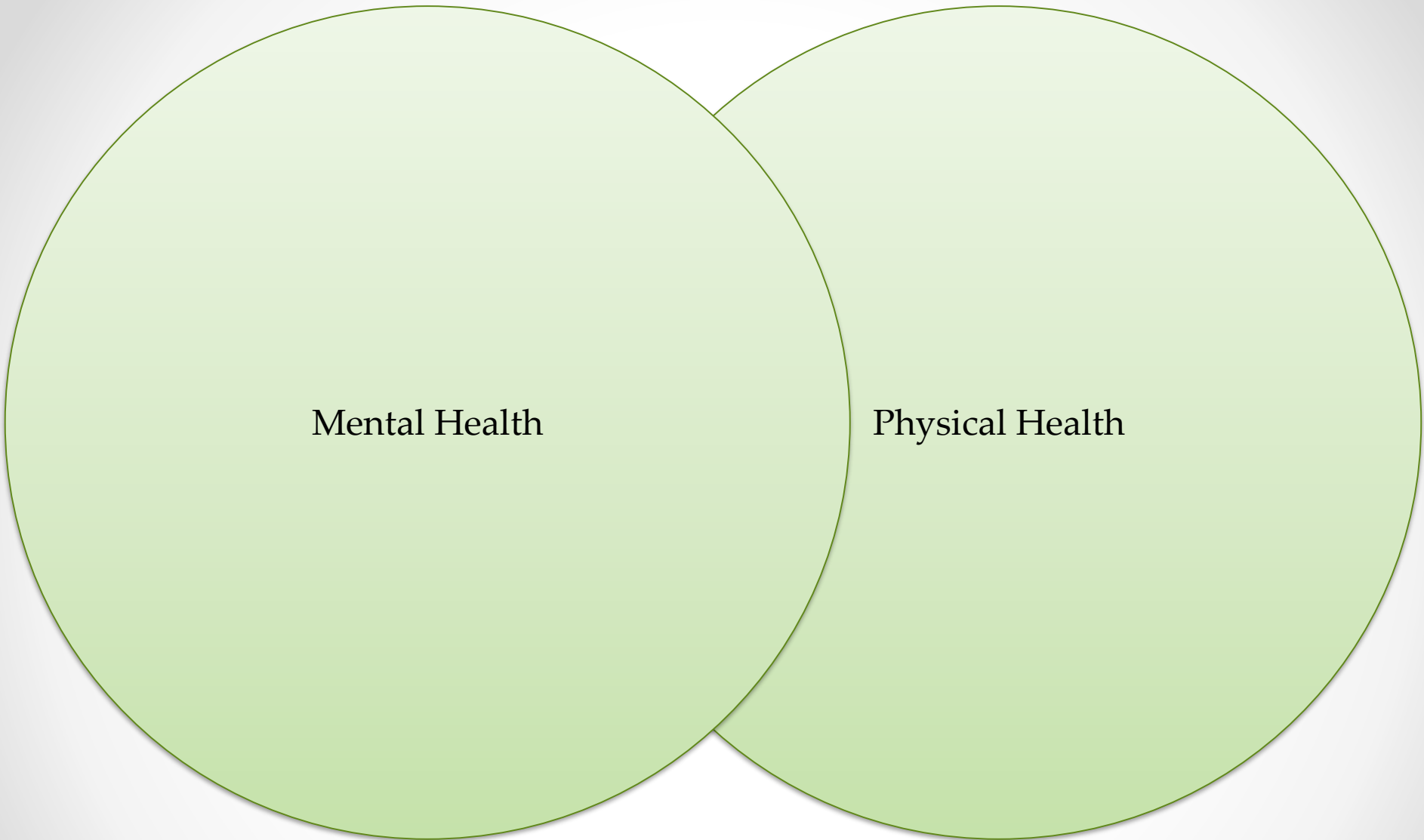


**Value of physical health**

What would be the correspond size of circle for your mental health? Bigger, smaller, about the same?







In reality we should have the same size for each circle but life and society gets  
In the way. So lets start prioritising your mental health and wellbeing



# Mental Health check in

- How often do we think about asking the question; How am I doing today? What do I know that helps me with my mental wellbeing?
- We are told to eat 5 bits of fruit and veg a day for our physical health. We need the same for our mental health.
- NHS 5 steps to mental wellbeing is a useful starting place for this. You may already be doing some of things already.
- Think about it as your additional five a day



# Mental wellbeing 5 a day

- **Connect** - with others in your life, develop relationships
- **Be active** - smarter / realistic choices in your physical activity e.g. walking to the shops
- **Keep learning** - about yourself, about the world
- **Give to others** - when was the last time you smiled at a stranger?
- **Be mindful** – present minded focus / relaxation

NHS Five Steps to Mental Wellbeing



# Balance in what we do

- We all need a balance of activities in our day to day life to help promote our wellbeing
- Routine, Pleasurable and Necessary Activities
- Routine: e.g washing up, cleaning, etc...
- Necessary: (normally negative outcome if we don't do e.g. paying a bill, will probably need prioritising)
- Pleasurable: things we enjoy ( normally the first to go)



# What we do currently.



# Steps to change

- Step 1: Identify what you currently do using blank diary (Handout A) When could you make time for you?
- Step 2: Make a list of activities you have stopped doing or would like to do (Handout B)
- Step 3: Put these activities in order of difficulty to achieve (easy, medium, most ; Handout C)
- Step 4: Pick an easy activity and make an appointment to do it with yourself at a time identified at Step 1.



# Points to remember

- A perfect balance between activities is probably unrealistic but identifying small changes is just as important
- Consider breaking activities down e.g. cleaning the house is a huge activity, perhaps start with one task such as washing up.
- Pace yourself
- When you book an activity in with yourself include details such as; What, Who, When, Where



# Motivation

- Motivating ourselves is very difficult.
- Therefore we use the 5 minute golden rule. Once you have booked an activity in with yourself, try it for 5 minutes
- Key here is that motivation can be kick-started via starting small. Activity breeds activity
- Something is better than nothing





# Prioritisation

- To help promote balance we will probably need to prioritise some activities first in our constant juggling act.
- The problem is this then becomes our norm so we can forget our own needs.
- This doesn't have to be a massive change in your day to day routine. We need to identify what is important to you.



# Values (examples)

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Compassion
- Citizenship
- Community
- Contribution
- Creativity
- Curiosity
- Determination
- Faith
- Friendships
- Fun
- Growth
- Happiness
- Honesty
- Humour
- Influence
- Inner Harmony
- Kindness
- Knowledge
- Leadership
- Learning
- Wisdom



# Values

Pick one value that is important to you individually.

How could you plan to start including this value in your life ,if it isn't already?

By planning to live by our values we can start to live by what is important to us.



# Example

- *For someone who has no time to do anything for themselves but identify the value of creativity. **Plan: start an online blog to share experiences and resources***
- *For someone who experiences low mood and anxiety but identifies a value of assertiveness. **Plan: attend assertiveness training course***
- *For someone who experiences low mood but identifies the value of self-awareness. **Plan: contact BWS to explore further thoughts, feelings, behaviours and emotions / keep a journal***

# Adding another ball to the juggling act...

- Resiliency ( recognising what you do well and when to ask for help)

# Activity

- In groups on your tables, please write down two things you have taken from today's session. Have you learnt something about yourself? Have you identified something you need / would like to do?
- We will pass the giant ball called 'resiliency' around between groups. Please share two items each from your tables as we promote resiliency.



# Further support

- I hope today has been useful.
- If you would like to discuss any issues further relating to your mental wellbeing please do contact Bedfordshire Wellbeing Service.
- 01234 880 400 or visit the website on <https://bedfordshirewellbeingservice.nhs.uk/>
- You can self –refer directly to us.
- I will be around for the remainder of the conference if anyone would like to talk to me 1-1.

