**Pandemic Wellbeing Ideas**

**West Midlands Paediatrics**

**Trainee Support Network**

In these uncertain and unnerving times, we need to remember to look after ourselves and each other. These are a few suggestions; let us know if your department has done anything which has worked especially well!

**For more information, see our COVID-19 Information/ Resources document.**

**LEARNING FROM EXCELLENCE**

* Celebrate team and personal achievements – we do great things all the time!
* Include “what went well” as part of morning huddle/handover – start the day with positivity
* Star of the Month/Learning from Excellence awards – who doesn’t love a certificate?!

**LONG LIVE THE MINI-BREAK**

* Elevenses post/ part-way through ward round to rehydrate/ refocus the mind.
* 10 minute time out when the workload is causing mental/ physical/ emotional fatigue (remember: HALT!).
* Offload/ debrief with a trusted colleague after a difficult case/ shift (or just because you need to).

**BE A SOCIAL BUTTERFLY**

* Sign up to our Welfare Wednesday sessions, which we hope will encourage peer support and regularly boost morale during the challenging weeks ahead.
* DRINKS! Whether your tipple is tea, coffee, wine or gin, get together in a virtual café/pub.
* Go for a walk (adhering to appropriate social distancing guidance!)!
* Sing! Set up a virtual choir over Zoom with your friends or family.
* Get Crafty! Share your passion with friends over a webcam.
* Virtual yoga/ meditation/ martial arts; whatever works for your stress levels.
* Phone a Friend – get a COVID buddy and check in with each other.
* Netflix Party – watch your favourite film/series with your friend(s) from the comfort of your own sofa.

**FOODIE FACTS**

* Cake Thursday – time to step it up as no day with cake can be blue
* Team Lunch – make sure everyone is fed and hydrated
* Breakfast Club – start the day with a full belly

**...And don’t forget to get plenty of restorative sleep.**

Compiled by H. Moore - member of the Trainee Support Network

Adapted from London School of Paediatric Positivity Menu – thanks for the inspiration!

If you are interested in getting involved with the Trainee Support Network, please email WMPaediatricsTSN@gmail.com