

Walton Wellbeing

Newsletter
Issue 30



NHS
The Walton Centre
NHS Foundation Trust

Excellence in Neuroscience



Welcome to the October Edition of the Walton Wellbeing Newsletter!

HSBC Financial Health Support:

Take advantage of HSBC's always-on schedule for financial health support. Whether you need advice on budgeting, saving, or planning for retirement, HSBC offers a range of services to help you improve your financial wellbeing. Visit the HSBC financial wellbeing portal for more information and resources.



Employee Assistance Programme (EAP):

Employee Assistance Programme support includes counselling, legal advice, and financial guidance.

OPTIMA Health (NOSS) - Our EAP provider: Call anytime: 01978 780479 /Email: therapyservices@optimahealth.co.uk

OPTIMA offer a confidential and free service for all employees. They can support you with a wide range of work and/or personal issues. Support is provided by highly trained and experienced therapists and is offered via telephone, virtual and face-to-face.

In this issue:

Have you had your Health Check?

Sleep Soundly: The Key to a Healthy & Productive Life

Stress Less: Strategies to Manage and Reduce Stress in your Life

Achieving Work-Life Balance: Practical Strategies

Mindful Social Media: Balancing Connection and Wellbeing Online

Financial Wellbeing: Financial support

HEALTH & LIFESTYLE CHECK

Each 20-minute check covers:

- **Body composition-** body Fat %, Waist & visceral fat.
- **Blood pressure**
- **Total Cholesterol**
- **Blood Glucose**
- **Lifestyle factors-** sleep, nutrition, energy levels, financial wellbeing, physical & mental health and much more.

Scan the QR code to book your appointment



YOUR HEALTH & WELLBEING



Physical wellbeing

Sleep Soundly: The Key to a Healthy & Productive Life



YOUR HEALTH & WELLBEING

Quality sleep is often underestimated, but it's crucial for your physical and mental wellbeing. In this article, we'll delve into the critical role of sleep in your life and provide tips for improving your sleep habits.

Understanding the Importance of Sleep:

Sleep is a fundamental biological need. It plays a vital role in various aspects of your life, including memory consolidation, mood regulation, and physical recovery.

The Consequences of Poor Sleep:

Inadequate or poor-quality sleep can lead to a range of problems, including fatigue, decreased cognitive function, mood disturbances, and a weakened immune system. Chronic sleep deprivation can contribute to long-term health issues.

Creating Healthy Sleep Habits:

- **Establish a Consistent Sleep Schedule:** Go to bed and wake up at the same times every day, even on weekends.
- **Create a Comfortable Sleep Environment:** Ensure your bedroom is dark, quiet, and at a comfortable temperature.
- **Limit Screen Time:** The blue light from screens can disrupt your sleep. Avoid screens before bedtime.
- **Watch Your Diet:** Avoid caffeine and heavy meals close to bedtime.
- **Stay Active:** Regular physical activity can improve sleep quality.
- **Manage Stress:** Practice relaxation techniques to calm your mind before sleep.

Prioritising Sleep:

Making sleep a priority is essential for your overall health and productivity. By adopting healthy sleep habits, you can enhance the quality and duration of your sleep, leading to a more refreshed and energised you.

For more sleep information, visit:

- <https://www.sleepfoundation.org/>
- <https://thesleepcharity.org.uk/>
- <https://sleepcouncil.org.uk/>



Mental wellbeing



YOUR HEALTH & WELLBEING

Stress Less: Strategies to Manage and Reduce Stress in Your Life

Stress is an inevitable part of life, but how you manage it can significantly impact your overall wellbeing. This article explores the various facets of stress and offers actionable strategies to reduce and cope with it effectively.

Understanding Stress:

Stress is your body's natural response to challenges and threats. It can be beneficial in small doses, but chronic stress can lead to health problems, both physical and mental.

The Impact of Stress:

Prolonged stress can manifest in various ways, such as headaches, muscle tension, anxiety, and even more severe health issues like hypertension and heart disease. It can also lead to burnout and negatively affect your personal relationships and work performance.

Stress Management Techniques:

- **Mindfulness and Meditation:** These practices promote relaxation, reduce anxiety, and enhance your ability to handle stress.
- **Regular Exercise:** Physical activity releases endorphins, which act as natural stress relievers.
- **Time Management:** Organising your tasks and setting priorities can reduce feelings of overwhelm.
- **Social Support:** Sharing your feelings with friends and family can provide emotional relief and a sense of connection.
- **Breathing Exercises:** Deep, controlled breathing can calm your nervous system and reduce stress.
- **Gratitude Practice:** Focusing on the positive aspects of your life can shift your perspective and reduce stress.

Coping with Stress:

Managing stress involves adopting healthy coping mechanisms, recognising when to seek help, and making self-care a priority. Effective stress management not only enhances your wellbeing but also improves your overall quality of life.



Workplace Resources:

SHOUT text service: We are pleased to advise that we have extended access to our confidential, text support service. If you need someone to talk to, you can access support by texting **SHOUT to 85258** for support 24/7.

This service is available to all our NHS colleagues who have had a tough day, who are feeling worried or overwhelmed, or who have a lot on their minds and need to talk it through.

Employee Assistance Programme (EAP):

Employee Assistance Programme support includes counselling, legal advice, and financial guidance.

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Useful Links:

- [NHS Mental Health Services](#)

Extension of free access to the Unmind app

Our NHS colleagues can now access the Unmind app and all their wellbeing resources for free for a further twelve months through to 31 December 2024. For those who haven't yet signed up, you can sign up using your NHS email account here: [NHS England » Unmind](#)



Workplace wellbeing

Achieving Work-Life Balance: Practical Strategies



YOUR HEALTH & WELLBEING

Achieving a balance between work and personal life is essential for overall wellbeing. Imbalance can lead to stress and health issues.

1 - Understanding Work-Life Balance:

Work-life balance means finding an equilibrium between work and personal life.

2 - Strategies for Balance:

a. Time Management:

- Prioritize tasks and set goals.
- Use time-blocking and the Pomodoro Technique.

b. Setting Boundaries:

- Establish clear work-life boundaries.
- Learn to say "no" when necessary.

c. Self-Care and Stress Reduction:

- Prioritize self-care routines.
- Try stress reduction techniques.

d. Effective Communication:

- Advocate for your needs.
- Seek support from colleagues and assistance programs.

3 - Creating Balance Habits:

a. Digital Detox:

- Limit screen time.
- Create tech-free zones at home.

b. Hobbies and Interests:

- Reconnect with personal interests.
- Highlight the benefits of pursuing passions.

c. Family and Social Time:

- Plan quality time with loved ones.
- Stress the importance of social connections.

4 - Evaluation and Adjustment:

- Regularly assess your work-life balance and address signs of imbalance promptly.



Social wellbeing

Mindful Social Media: Balancing Connection and Wellbeing Online



In today's digital age, social media has become an integral part of our lives, enabling us to connect, share, and stay informed like never before. However, as we immerse ourselves in the virtual world, it's crucial to consider how our online activities impact our social wellbeing and overall mental health.

The Impact on Social Wellbeing:

- **Digital Fatigue:** Constant exposure to screens can lead to digital fatigue, affecting your attention span and overall energy levels.
- **Comparison Culture:** The carefully curated content on social media can foster unrealistic comparisons, leading to feelings of inadequacy or low self-esteem.
- **Reduced Face-to-Face Interaction:** Excessive screen time can reduce the time you spend in real-world social interactions, potentially diminishing the quality of your offline relationships.

Practicing Mindful Social Media:

- **Set Boundaries:** Establish specific time limits for social media use. Consider using apps or built-in features that track your screen time and set reminders for breaks.
- **Curate Your Feed:** Be mindful of the content you consume. Unfollow accounts that consistently trigger negative emotions or promote unhealthy comparisons.
- **Engage Positively:** Use social media as a platform for positivity and meaningful interactions. Share uplifting content, offer support to friends, and contribute to constructive discussions.
- **Practice Digital Detox:** Regularly disconnect from social media, even if it's just for a few hours or a day. Use this time to engage in offline activities that nourish your wellbeing.
- **Limit Notifications:** Reduce the constant barrage of notifications by customising your settings. Choose to receive only essential updates.
- **Embrace Mindfulness:** Before diving into social media, take a moment to check in with yourself. Ask how you're feeling and why you're using it. This practice can help you avoid mindless scrolling.

The Balancing Act:

Remember that social media can be a valuable tool for staying connected and informed, as long as it's used mindfully. By implementing these strategies, you can find a balance that allows you to enjoy the benefits of the digital world while safeguarding your social wellbeing and mental health.



Financial wellbeing



Smart Savings for Life's Big Moments: Home, Education, Family, and Retirement

Life's significant milestones often come with hefty price tags, but strategic saving can make these aspirations achievable without financial stress. Here are concise savings strategies for major life events:

1. Buying a Home: Building Equity

- Start saving early for a down payment.
- Create a dedicated home buying fund.
- Set a realistic budget.
- Explore first-time buyer programs.
- Reduce high-interest debt for better mortgage rates.

2. Education: Investing Wisely

- Estimate educational costs.
- Begin a college fund early.
- Seek scholarships and financial aid.
- Consider part-time work while studying.

3. Starting a Family: Parenthood Preparedness

- Develop a family budget.
- Build an emergency fund.
- Explore family benefits and assistance programs.

4. Retirement: Financial Comfort in Your Golden Years

- Maximize retirement account contributions.
- Diversify your investments.
- Plan for healthcare costs.
- Consult a financial advisor for tailored retirement planning.

HSBC Financial Health Support: Take advantage of HSBC's always-on schedule for financial health support. Whether you need advice on budgeting, saving, or planning for retirement, HSBC offers a range of services to help you improve your financial wellbeing. Visit the HSBC financial wellbeing portal for more information and resources.



Take a look at Money Helpers Budget Planning Tool:

<https://www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner>

For budgeting help, support and resources, go to: <https://www.moneyhelper.org.uk/en/everyday-money/budgeting>

For more information on how your finances can affect your mental health, go to:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/the-link-between-money-and-mental-health/>