

ERSKINE
Proud to care



MINDSET RESET

With Erskine Edinburgh Home
Manager Alison Payne & House
Manager Ashley Kvasiliene

Introduction



The need for Self Care



Mental Wellbeing in the
Workplace



Mindful Meditation

Defining Mental Health

'Mental Health is a state of wellbeing in which every individual realizes their potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community...Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'

- The World Health Organization

At Erskine, we describe mental health as being about how we think, feel and behave.

Mental Health is just as important as our physical health and sometimes we need support in dealing with issues that may impact on our wellbeing.

'You can't
pour from
an empty
cup
Take care
of yourself
first'

- NurseGrid

The need for Self Care

- The Covid-19 pandemic has massively impacted the Health Care Sector highlighting the pressures of and increased mental illness and 'burnout' within the workforce.
- In the Health Care Sector, we deal with high levels of stress on a daily basis. To provide the best care to our Service Users, we must first make sure we are giving ourselves the care needed to enable us to provide the service
- It is an employer's duty to protect the health, safety and welfare of their employees and other people who might be affected by their work activities. Employers must do whatever is reasonably practicable to achieve this. (The Health & Safety Executive)

' You always have to remember to take care of yourself first and foremost, because when you stop taking care of yourself you get out of balance and you really forget how to take care of others.'

- Jada Pinkett Smith

Mental Hygiene

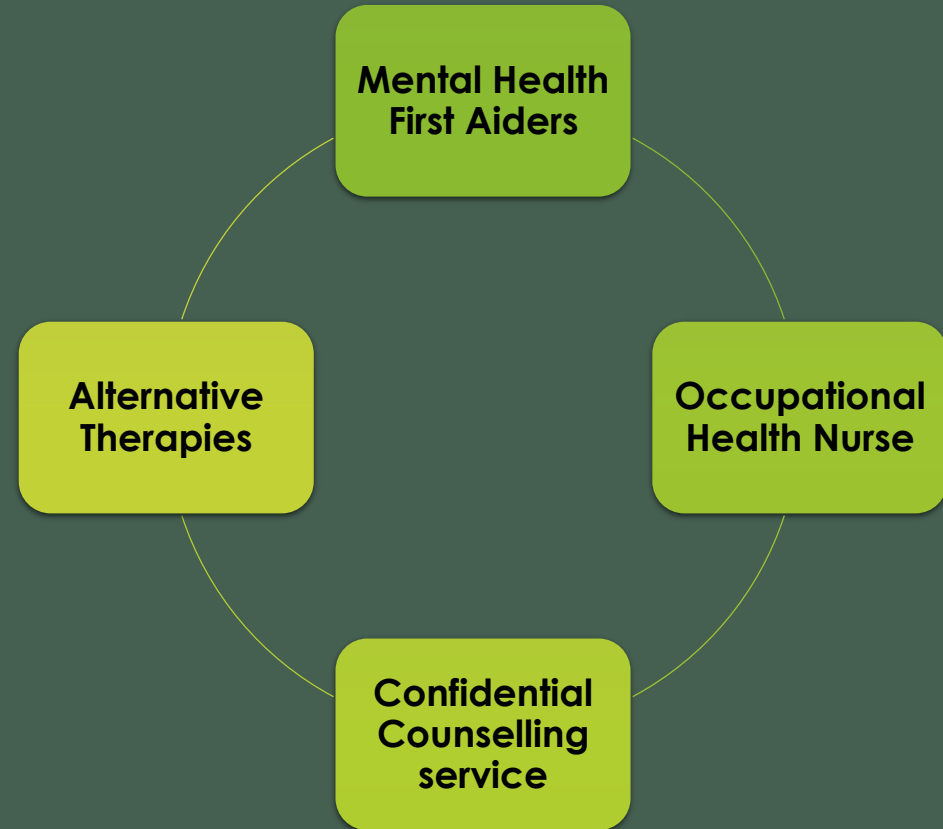
- Physical Health
 - Intellectual Health
 - Emotional Health
 - Environment
-
- We take care of our physical health and hygiene, we brush our teeth regularly, but, we don't always take the time to look at our mental hygiene and check in with how we are feeling.

'For the sick it is important to have the Best'

- Florence Nightingale



How we support Staff Wellbeing at Erskine



Erskine Mental Health Support

- Erskine has supported 20 plus staff to complete the official Mental Health First Aid course, these staff now participate in shaping staff wellbeing in the organisation through a focus group.
- Erskine employed its own dedicated Occupational Health Nurse to support staff and advise managers in how they can, together, create a support plan.
- Erskine staff can access a free and confidential counselling service.
- Erskine has gained funding for staff to receive alternative therapies across our Homes with staff receiving Reiki, Massage, laughing yoga and Indian head massages.
- Erskine provide staff with free fruit as well as opportunities for fitness such as dance classes.
- Erskine continues to provide staff with courses such as stress management to help raise awareness of self care.
- Erskine has mental health support 'drop in' sessions for staff to be able to talk, ask questions and have some 'time out' during their shifts.
- Erskine has trained staff members in Namaste to support residents and colleagues.

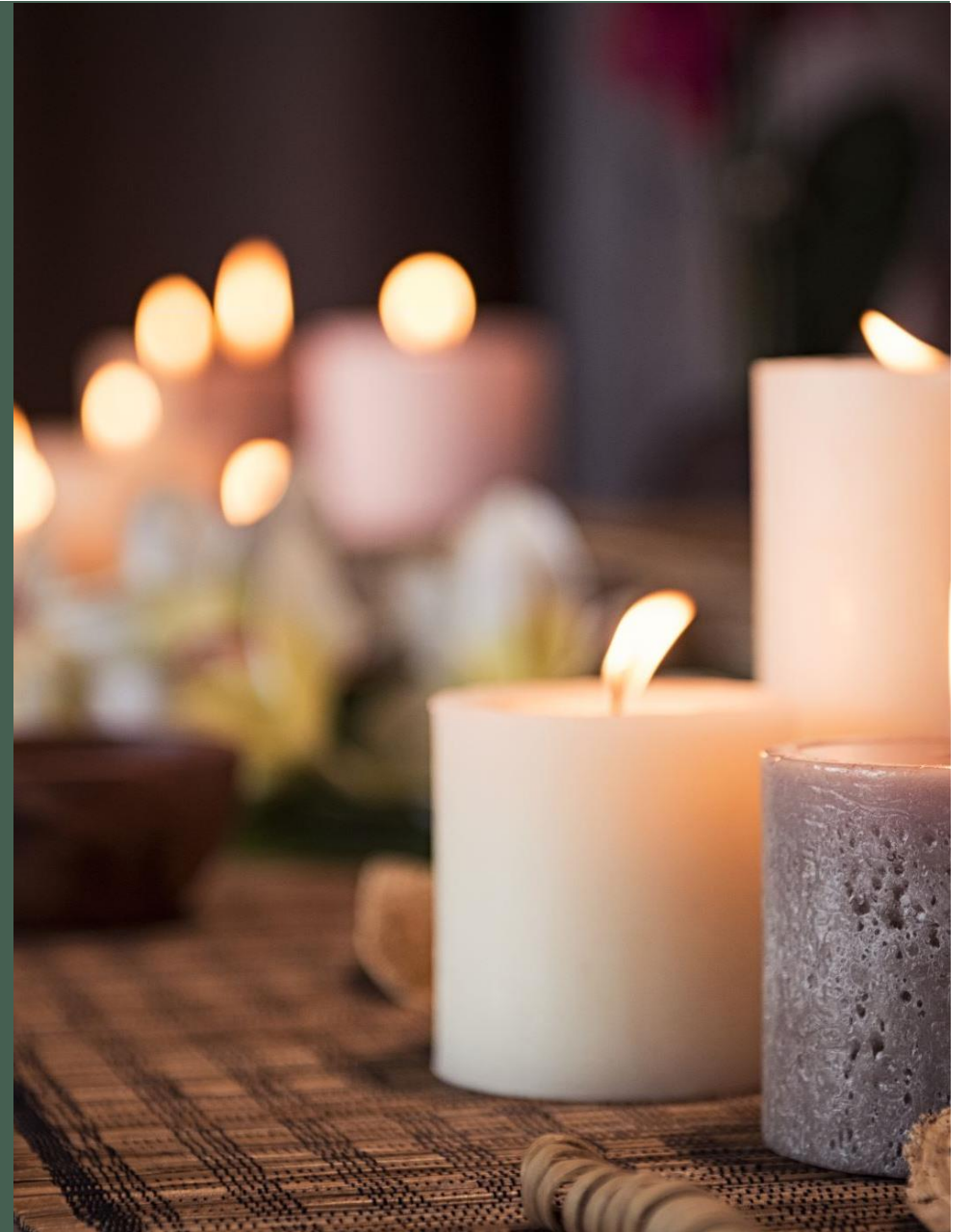
Self-care

- Meditation
- Journaling
- Nature
- Reading
- Having a Hobby
- Eating and Drinking well
- Daily Affirmations
- Positive Thoughts
- Investing in you
- Make goals and celebrate Achievements
- Set Boundaries

What you think, You Become

What you feel, You Attract

What you imagine, You Create



- Originates from Buddhist teachings and is the most popular meditation technique.
- In Mindfulness Meditation you acknowledge your thoughts as they pass through your mind.
- You do not become involved with the thoughts, you just let them pass through, you can observe the pattern and make notes after.
- It combines concentration and awareness, focusing on your breathing whilst being aware of your feelings, thoughts and body sensation.
- It is a meditation technique that is good for beginners as you do not need a teacher and it can be done alone.

Mindfulness Meditation

When to use Meditation

Meditation can be used throughout the day:

- **In the morning to set your thoughts and intentions for the day**
- **During the day as an energy booster**
- **At night to unwind and relax before going to sleep**

When starting to use meditation, guided sleep meditation is a great way to become comfortable with the practice.

You can meditate alone, or guided through links on you tube or Mindfulness Apps.



Why Meditate?

Meditation can:

- Reduce Stress
- Create a positive mindset
- Help unwind after a stressful day
- Give you time for you
- Gives you insight and clarity into your mind and thoughts
- Improves quality of sleep
- Can help you identify and recognize your emotions and feelings.

What Else Can you Do?

Meditation is one area of self care you can give yourself to support your mind health, other positive mindfulness techniques are:

- **Gratitude Journal**
- **The power of 'Thank you'**
- **The Magic Rock**
- **Reflection**
- **Affirmations**

Take the time to invest in you and your well being!

Further Reading

The Secret & The Magic by Rhonda Byrne

The Law of Attraction by Esther Hicks

The Miracle Morning by Hal Elrod

Think Like a Monk by Jay Shetty

The 5am Club By Robin Sharma

The 5 second Rule by Mel Robbins

The Chimp Paradox by Prof Steve Peters

Apps

- **HEADSPACE**
- **CALM**
- **THE MINDFULNESS APP**
- **INSIGHT TIMER**
- **HEALTHY MINDS PROGRAM**
- **SMILING MIND**
- **MEDITATION: DOWN DOG**
- **MINDFULNESS**
- **BALANCE: MEDITATION & SLEEP**
- **NHS GREATER GLASGOW & CLYDE:
MINDFULNESS BASED APPROACHES**

Now, its time to try
some Mindfulness
Meditation!





ERSKINE
Proud to care

THANK YOU
ANY QUESTIONS?