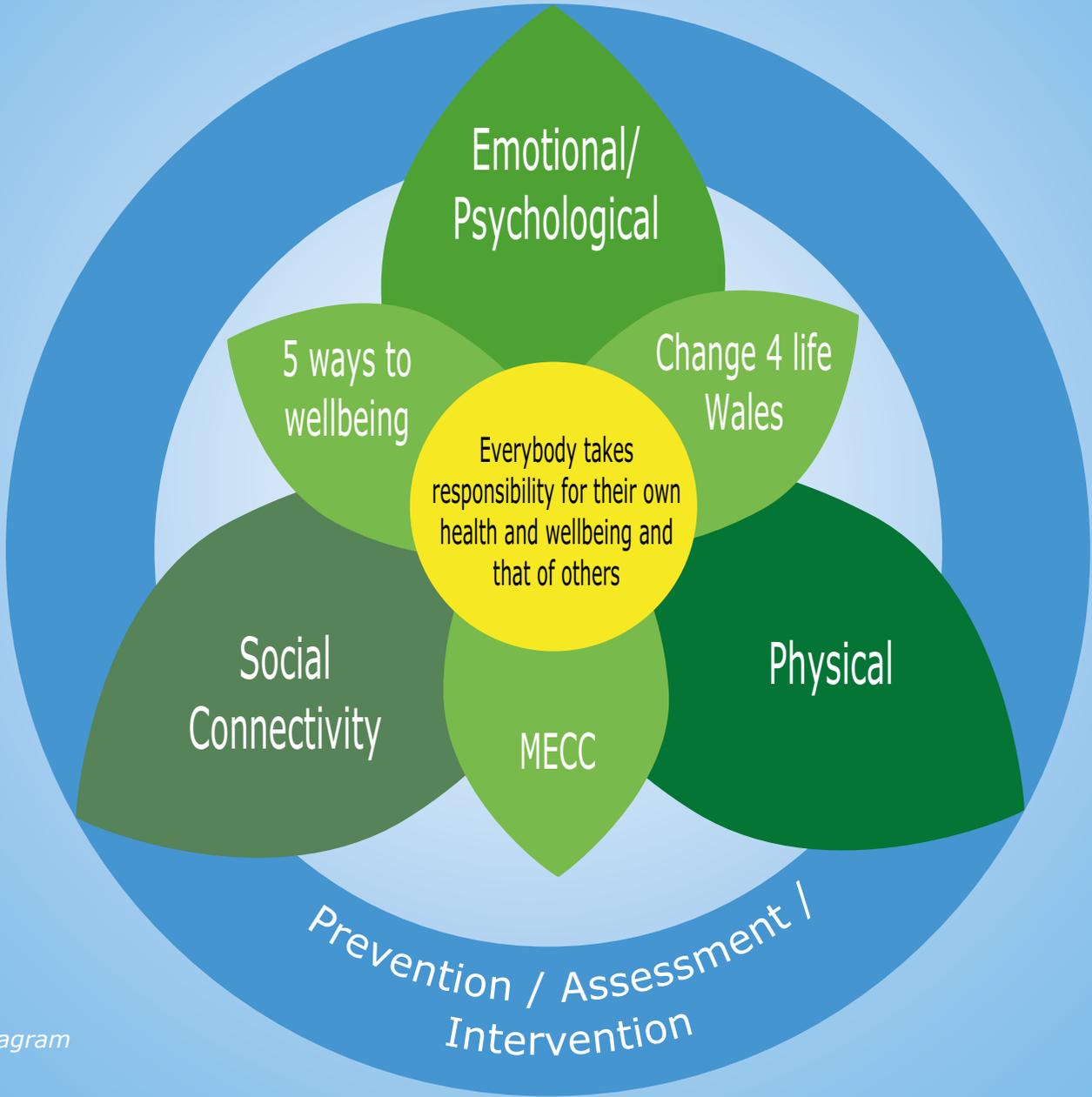


Our Wellbeing Matters



 Please click on the diagram to navigate

#WellbeingCymru



Emotional / Psychological - What do I need to do to keep well?

1. [5 Ways to Mental Wellbeing](#)
2. [Mindfulness](#)
3. [Resilient Mind - Building Resilient Communities](#)
4. [Resilient Mind - How to Manage Stress](#)
5. [7 Stress positives for a better life](#)
6. [Wellness Action Plans](#)

Emotional / Psychological - Take action where do I get help?

1. [Sleep](#)
2. [Anxiety & Depression - Mind](#)
3. [Anxiety & Depression - NHS Choices Moodzone](#)
4. [Anxiety & Depression - NHS Direct Wales](#)
5. [Suicide](#)
6. [Bereavement - Cruse](#)
7. [Money Matters](#)



change
4 life
Eat well Move more Live longer

1. [Change 4 life Wales](#)

change
4 life
Eat well Move more Live longer

Physical - What do I need to do to keep well?

1. [Hydrated](#)
2. [Tips for Eating Well](#)
3. [Physical Activity](#)
4. [Travel Immunisation](#)
5. [Public Immunisation](#)
6. [Sexual Health](#)
7. [Screening](#)
8. [Breastfeeding](#)
9. [Back Pain - Don't Take Back Pain Lying Down](#)
10. [Back Pain - Living With Back Pain](#)
11. [Back Pain - Healthy Working Wales](#)
12. [Back Pain - Musculoskeletal Disorders](#)



Physical - Take action where do I get help



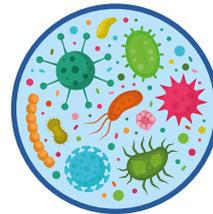
[Tobacco](#)



[Alcohol & Substance misuse](#)



[Obesity](#)
[Lose Weight NHS Choices](#)



[A-Z of diseases - NHS Wales Encyclopaedia](#)



[BMI Calculator](#)
[Underweight Adults](#)



[Carers NHS Choices](#)
[Carers NHS Direct Wales](#)



[Teenagers](#)



[Ageing Workforce](#)
[Older People in Wales](#)



[Womens Health NHS Choices](#)
[Womens Health in Wales](#)



[Mens Health NHS Choices](#)
[Mens Health Live Well](#)



[CAIS](#)



[NHS Live Well Fitness](#)



[Youth Workers](#)



[Dementia](#)

Physical - Menopause

The menopause is traditionally seen as a private matter. Recognition of how the menopause affects women can help support women in the workplace and provide additional considerations for its workers.



Problems that women experience	Potential solutions
Feeling hot / hot flushes / skin irritation	<ul style="list-style-type: none"> Sit by window Use fans Use ventilation systems Consider additional wellbeing break Allowing staff to leave meeting for a few moment if required Having change of clothes areas Access to cold water
Fatigue / poor sleep / night sweats	<ul style="list-style-type: none"> Consider flexing working pattern e.g. later shifts / reduction in hours
Urinary frequency / heavy periods	<ul style="list-style-type: none"> Toilet facilities close at hand Understand need for more frequent toilet breaks
Irritability / depressed mood / anxiety / panic attacks / Forgetfulness / loss of concentration / Palpitations	<ul style="list-style-type: none"> Workload considerations Wellness actions plans Stress risk assessments Avoid over use of performance management
Headaches	<ul style="list-style-type: none"> Consider additional wellbeing break to allow medication to take affect
Joint aches	<ul style="list-style-type: none"> Change of posture at work for sedentary workers Consider reducing manual handling activity / loads if joints are aggravated

Making Every Contact Count (MECC)

The [MECC](#) approach can help you to use everyday conversations in a way that may support someone to make positive wellbeing choices.

- 1. ASK** – when the opportunity arises
- 2. ADVISE** – brief advice on the lifestyle issue
- 3. ACT** – signposting



Social Connectivity

1. [Connect for Mental Wellbeing](#)
2. [Mental Health Services](#)
3. [Public Health Network Cymru - find out what's going on in your local area](#)
4. [Worklife Balance](#)
5. [NHS Wales Core Principles](#)
6. [Health Boards / Trusts Staff Support Services](#)





Pum ffordd at les
Five ways to wellbeing

1. [MIND 5 Ways to Wellbeing](#)
2. [NHS Confederations 5 Ways to Wellbeing](#)
3. [5 Ways to Mental Wellbeing](#)
4. [5 Ways to Mental Wellbeing Cymru](#)
5. [5 Ways to Mental Wellbeing Public Health Wales](#)
6. [Steps Towards Health and Wellbeing](#)

For more information and evidence [click here](#)



Pum ffordd at les
Five ways to wellbeing

Pum peth syml y gallwn ni i gyd eu gwneud i roi hwyl i'n lles
Five simple things we can all do to give our wellbeing a boost

	Bod yn sylwgar Take notice	Cymwch amser i shirch hwn, sylwch ar bethau ddi Cempeu a sawrwech y foment Take time for yourself, notice things around you and savour the moment
	Cysylltu Connect	Gwnech amser i gysylltu â ffrindiau a theulu i helpu i gyfoethogoch diwrnod Make time to connect with friends and family to help enrich your day
	Bod yn fywiog Be active	Mae bod yn fywiog yn gwneud i chi deimio'n dda. Symudwch - dawnsiwch, cerwch, cerwch allan - ewch allan ddi, i raddig neu i falcio Being active makes you feel good. Get moving - dance, sing, step outside - go for a walk, a run or cycle
	Del ati i ddysgu Keep learning	Dell d'yngu rhywbeth newydd fod yn hwyl, gwneud i chi deimio'n dda a datblygu'n hyder Learning something new can be fun, make you feel good and build your confidence
	Rhol Give	Fe all gwelthredodd o garedigrwyd, helpo eraill neu hyd yn oed gwirfoddol eich gwneud i deimio'n hapusach Acts of kindness, helping others or even volunteering can make you feel happier

Prevention / Assessment / Intervention

1. [NHS Direct Health and Wellbeing Resources](#)
2. [Health and Safety Executive](#)
3. [HSE Risk Assessment](#)
4. [Wellness Action Plan](#)
5. [Wellness Action Plan \(Welsh Version\)](#)
6. [Corporate Health Standard](#)
7. [Health Improvement Welsh Government](#)
8. [Public Health Wales](#)
9. [Health in Wales](#)
10. [Public Health Network Cymru](#)
11. [Dewis Cymru](#)



1 **Abertawe Bro Morgannwg University Health Board**
 [Internet](#)

4 **Cardiff & Vale University Health Board**
 [Internet](#)

2 **Aneurin Bevan University Health Board**
 [Internet](#)

5 **Cwm Taf University Health Board**
 [Internet](#)  [Intranet](#)

3 **Betsi Cadwaladr University Health Board**
 [Internet](#)  [Intranet](#)

6 **Hywel Dda University Health Board**
 [Internet](#)  [Intranet](#)



Find out what services are available at your employing Health Board

7 **Powys Teaching Health Board**
 [Internet](#)  [Intranet](#)

10 **NHS Wales Shared Services Partnership**
 [Internet](#)  [Intranet](#)

8 **Welsh Ambulances Service NHS Trust**
 [Internet](#)  [Intranet](#)

11 **NHS Wales Informatics Service**
 [Internet](#)  [Intranet](#)

9 **Public Health Wales**
 [Internet](#)  [Intranet](#)

12 **Velindre NHS Trust**
 [Internet](#)  [Intranet](#)

Contacts

Email: Claire.Smith10@wales.nhs.uk
Email: Catherine.Evans@wales.nhs.uk
Email: Claire.Radley@wales.nhs.uk
Email: Claire.Whiles@wales.nhs.uk
Email: Claire.Butler4@wales.nhs.uk
Email: Debbie.Rees-Adams@wales.nhs.uk
Email: Gavin.Jones@wales.nhs.uk
Email: Adrian.Neal@wales.nhs.uk
Email: Jack.Jackson@wales.nhs.uk
Email: Jackie.Jones8@wales.nhs.uk
Email: Vanessa.Davies2@wales.nhs.uk
Email: James.Moore2@wales.nhs.uk
Email: Jane.Rees8@wales.nhs.uk
Email: Karen.Vaughan@wales.nhs.uk
Email: Nicola.Bevan3@wales.nhs.uk
Email: Paul.Dunning@wales.nhs.uk
Email: Robert.Blake2@wales.nhs.uk
Email: Sarah.Brooks2@wales.nhs.uk
Email: Sarah.Wynne-Jones@wales.nhs.uk
Email: Sian.Griffiths6@wales.nhs.uk



Our Story

Introducing our Network

Over time, there has been a series of networks, project groups and workstreams focusing on Health and Wellbeing in NHS Wales. We are fully aware that we need to build on the successes and learn from previous groups. To help this, we have a simple focus to improve the health and wellbeing of NHS Wales colleagues. Many people are involved in this, but our uniqueness is from being a willing collaborative of people (relationships) with ideas and enthusiasm as to how we can work together to achieve our goal.

If you wish to contact the network please

Email: Claire.Smith10@wales.nhs.uk

Our purpose and outcomes

The purpose of our group is to:

- Increase peer support for Health and Wellbeing leads
- Reduce duplication of activities
- Help increase focus within NHS Wales organisations on developing health and wellbeing (prevent rather than cure)
- Support NHS Wales organisations to more easily achieve their Corporate Health Standards
- Increase sharing of successes and learning between NHS Wales organisations and beyond
- Increase access to resources across organisational boundaries
- Increased collaborative developments and projects across NHS Wales

