

☺ Positivity Menu during COVID-19 ☺

At a time when morale and positivity will be low, and anxieties and fears of the unknown are peaking, we need to look after one another. The LSP Positivity Team have adapted our positivity menu with suggestions for what your department could do to keep spirits high during current climates.

LEARNING FROM EXCELLENCE: We are amazing everyday -Celebrate it!

1. Positivity Boards: use a notice board and give a special mention to someone who went 'the extra mile', performed an 'epic clinical skill' or appreciate a moment of 'clinical genius'

If you don't have a board...

2. Positivity round: make everyone smile at the end of handover or safety huddles
3. Learning from Excellence awards: everyone loves a certificate!
4. GREATix postbox: weekly shout outs from anonymous admirers

MINI SESSIONS: There is always time for you & your team

1. Drop-in Drop-it sessions – opportunity to discuss the good, the bad & the ugly
2. I-scream round – classic ice cream and ranting session
3. 10 at 10 – take 10 minutes at 10am and do something FUN – play catch, sing a song, dance, act it out with charades!
4. Thirty-minute Teaching & Tea at Three – although our courses and formal teaching programmes are cancelled doesn't mean we can't have a quick round of teaching gems!

ORGANISE A VIRTUAL SOCIAL: Work hard, Play harder!!

1. Virtual book club while self-isolating!!!
2. Virtual hobbies- share your skills and show someone how to knit/crochet/do origami
3. Virtual choir over skype!
4. Virtual wellbeing sessions ensuring everyone is checked in on!
5. Virtual buddy system - pair up and be one another's go to person

FUN WITH FOOD: A well fed team is a HAPPY team (ensure good hand hygiene though!)

1. Team lunches
2. Breakfast club during handover
3. Tea at three!
4. There's always time for birthday cake for the poor soul working on their big day!

**Remember: our teamwork and the support we give one another right now is paramount to our wellbeing and happiness.
So please- be kind, be positive and SMILE ☺**

Please get in touch with the **Surviving & Thriving** subgroup for further information, ideas and support
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