



**London
School of
Paediatrics**

WELLBEING RESOURCE PACK

WE CARE ABOUT YOU!



**BY LSP
SURVIVING & THRIVING
SUBGROUP**

Paediatrics: WE CARE ABOUT YOU!!

Paediatrics, the very best specialty for many reasons; we love to have fun, bring out our inner child and we get to work with incredible patients, families and colleagues but above all ***we really do care about YOU, the trainees***. This pack is dedicated to resources and tips for you to look after your well-being, a word which is being used an awful lot at the moment. However, what does it mean and why is it important?

'Wellbeing: The state of feeling healthy and happy'

This is a vital part of your life as a paediatrician; if you don't feel well either physically or mentally it is hard to be a good doctor. During your training you will have many ups and downs, and the message we want to give you today is **NEVER FEEL ALONE** and **IT'S OK TO NOT BE OK**. There are so many people around from peers & colleagues, supervisors, training programme directors and the trainee committee, who are always willing to help.

YOUR TEAM

A sense of belonging and teamwork will be at the heart of whatever post you are doing and despite COVID, take the time to get to know one another; having team lunches, coffee breaks and even meet for drinks, dinner or picnics outside of work. Look at the [Surviving & Thriving subgroup: Positivity Menu for some ideas \(see below\)](#).

YOUR EDUCATIONAL SUPERVISOR

Your supervisor will help and support you in whatever way you need, meet them early and plan how to get the most out of your year. Remember, they've survived through training and might have some great tricks for you too! Take a look to see what their roles are <https://londonpaediatrics.co.uk/supervisors/supervisor-roles-responsibilities/>

PAEDIATRIC FAMILY PROJECT

Many of you will have chosen to be part of a paediatric family, which is a great way of being supported and mentored by a more senior trainee. If you haven't yet joined, email paediatricfamilies@gmail.com

SURVIVING & THRIVING SUBGROUP

The London School of Paediatrics has a subgroup dedicated to Surviving and Thriving, we are always trying to think of ways to ensure your wellbeing is taken care of. Also take a look at our 'COVID-19 Handbook- a guide to Surviving and Thriving in the current pandemic', lots of resources for wellbeing, teambuilding at work and much more. <https://tinyurl.com/w9qxmhk>

WORK LIFE BALANCE

We are all entitled to a social & personal life; so aim to leave work as close to on time as possible; keep up with your hobbies and most importantly HAVE FUN and do what makes you HAPPY!

SLEEP

We sometimes fail to recognise the importance of sleep; look after yourself and try to get some rest or a short nap when you are on a night shift! Check out this short video on the London School of Paediatrics Youtube channel about Sleep management for trainees: <https://www.youtube.com/watch?v=BSWZ1-tXYEs&feature=youtu.be>

HELP!

If things aren't going well, if you are feeling stressed or burnt out, and you've tried all the above, there are so many other resources and places to find help. **Wellbeing Wheel** below attached to a plethora of resources to help you answer the very important question; ['What should I do if I'm not Surviving or Thriving?'](#)

“What should I do if I am NOT Surviving & Thriving?”



For each of the areas highlighted in our wellbeing wheel, we have provided some great resources and tools that can help you in addressing these potential triggers. Please click on the blue text, this will direct you to a link and online resource.

WHO TO CONTACT	
LOOK TO OUR CONSULTANTS	<ol style="list-style-type: none"> 1) Educational Supervisor 2) Training programme directors - Who is your TPD? 3) Arrange a Contact Meeting - meetings with a TPD, Deputy head of school/head of school, for ANYONE, at any stage of training and for any reason - life, work, wellbeing etc! 4) Head of School: Jonathan Round, contact details also on the TPD link above
LONDON SCHOOL OF PAEDIATRICS	<p>We are so privileged to have such an active School of Paediatrics as London Trainees. There are so many resources created for you so please explore them on our incredible website: https://londonpaediatrics.co.uk</p> <p>Subscribe to our LSP Youtube Channel with plenty of videos including looking after sleep and ourselves! More to come in the new year, and our talks from today will be uploaded soon!!!</p> <p>Follow us on twitter @LondonPaeds - The paediatric community is very extensive and we are constantly posting all sorts of relevant and up to date resources which are not only educational, but many focus on mental health, wellbeing and positivity in the workplace!</p>
WELLBEING	
SLEEP	<p>Sleep Management - youtube video on our LSP channel, featuring Mike Farquhar himself, on how we should manage our sleep</p> <p>Sleep Apps - a few apps which are free for you and create tailored programmes to help with sleep. All recommended by the NHS. These include sleepio, pzizz and sleepstation.</p>
MEDITATION & MINDFULNESS	<p>Wholly Aligned : Our amazing speaker, Ciara Roberts has a website dedicated to looking after our inner selves. She has even created a specific video just for us. Here is the landing page that will take you to the video --> http://bit.ly/LSPBreath</p> <p>The video shares three techniques that we experienced during the closing session. Giving people a tool to refer to after, as they wish, and to feel like there is a community space for deeper explorations as needed.</p> <p>Best Meditation Apps in 2020 - Check out this list of meditation apps. Please also remember that Headspace is still offering free subscriptions to NHS staff during 2021.</p>

<p>DOCTORS LOOKING AFTER DOCTORS</p>	<p>Wellbeing groups created by doctors for doctors....</p> <ol style="list-style-type: none"> 1) The Workwell Doctors have some great workshops and tools found on their website and on instagram! @theworkwelldoctors 2) The Joyful Doctor - a psychiatrist helping doctors with their mental health and supporting them through coaching techniques 3) WARD: Well and Resilient Doctors - a peer mentoring support and education project. They run yearly conferences based on wellbeing. You can access their talks at https://vimeo.com/warddoctors
<p>HOBBIES & CREATIVITY</p>	<ul style="list-style-type: none"> ● 64 Million: they run free, UK-wide programmes to kickstart the creativity of everybody and facilitate a culture change in communities promoting wellbeing, innovation and employee and community engagement. ● Duolingo language app: Learn a new language, maybe to practice on your first holiday after this is all over, or just something you've always wanted to do. ● Poetry Unbound - lets you immerse yourself in a single poem, read by a different person each day. ● Reading a book is a great way to escape into a fantasy world, whether this may be for 60 minutes of your morning commute or for 5 minutes before you go to sleep.
<h2 style="background-color: #ADD8E6; padding: 5px;">HEALTH</h2>	
<p>PHYSICAL HEALTH</p>	<ul style="list-style-type: none"> ● Ensure you visit your GP for routine care ● Resist temptation to arrange your own blood tests or investigations/look up results etc on the computer system. It is so very important to receive treatment in the same way as anyone else would. ● If choosing private referral route, do so via referral letter from GP <p>Exercise = Endorphins → Think about taking on some new exercise routines:</p> <ul style="list-style-type: none"> ● Nike Training Club - has an amazing FREE app where you can download workouts from 15 - 60 mins, from beginner to advanced, in the comfort of your own home. ● Couch to 5K - a great way to use your daily exercise slot, get outdoors and learn to run with the encouraging support of Michael Johnson! ● P.E with Joe - Joe Wicke's is running daily PE classes - get the whole family up and bouncing around each morning from 9 - 10am (a good one to tell patients about too!) ● Brompton Bikes - hire a Brompton bike for free to get to work safely and get your exercise in at the same time (don't forget your helmet!) ● Downdog - Yoga, HIIT and Barre App with free subscriptions for NHS staff until July 2021.
<p>MENTAL HEALTH</p>	<ul style="list-style-type: none"> ● Wellbeing with the BMA ● Practitioner Health - a free, confidential NHS service for HCPs across England ● Tea & Empathy on Facebook - A national, informal, peer-to-peer support network aiming to foster a compassionate and supportive atmosphere throughout the NHS. ● RCPCH: Wellbeing for health professionals - A whole section of the RCPCH website dedicated to giving us guidance, advice and support

	<ul style="list-style-type: none"> • Unmind: mental health platform empowering staff to proactively improve their mental health and wellbeing <p>Accessing services in an emergency If you are in crisis or feel unsafe or at risk to yourself or others, then you should contact 111/999, your own GP or attend your nearest A+E as soon as possible.</p> <p>NHS Wellbeing Support: To access a 24/7 crisis text service please text “NHSPPH” to 85258 (you can also text “frontline” to this number)</p> <p>You can call Samaritans on 116 123 (free to call): Providing confidential support 24/7</p>
SICK LEAVE	Taking Sick Leave Sick Leave and Sick Pay Explained
TRAINING & CAREER PLANNING	
EXAM SUPPORT	<ul style="list-style-type: none"> • Health Education England: Stress and Exams Session - HEE run a virtual workshop which covers tools and techniques for dealing with exam stress • Practitioner Health: Exam Stress Video/Course • Professional Support Unit: Dyslexia Assessment: The PSU have provisions to conduct dyslexia assessments and if found to have dyslexia, there are some sessions to help with study techniques.
CAREERS ADVICE	London Deanery Careers Service RCPCH Career Development Professional Support Unit - provides a shared service of expert resources to support the professional development of clinicians in London! They cover so many of our subsections in our wellbeing wheel!!
STUDY LEAVE	LSP How does Study leave work?
LESS THAN FULL TIME TRAINING	LSP LTFT Guidance Eligibility, applying, tips and resources Blog: Realities of LTFT working
RETURN TO CLINICAL PRACTICE	LSP Return to Practice Programme AoRC Guidelines on Return to Practice
OUT OF PROGRAMME	LSP OOPE's Frequently Asked Questions
FINANCES	
CONTRACTS/PAY	BMA: Pay & Contracts
PENSIONS	Camilla's Blog about Pension Tax

FAMILY LIFE	
PREGNANCY	Pregnant employees rights BMA: Now you are Pregnant
WORKING PARENTS	BMA: Life as a working parent BMA: Tips for Childcare From Parent to Paediatrician
THE PANDEMIC	
COVID-19	Annual Leave during COVID-19 - claim over 2years LSP COVID Updates RCPCH: Guidance on Staffing and Rota What to do if you have underlying health problems

We would like to end by emphasising that it is so important to check in on yourself and ask ‘Am I coping? Am I looking after myself? Am I surviving?’ If you aren’t then come back to this page, check out the resources, and remember **YOU ARE NEVER ALONE** and **IT’S OK NOT TO BE OK**. Come find us and we will always help!

‘Our Mission In Life Is Not Merely To Survive, But To Thrive’.
-Maya Angelou

With thanks to the Surviving and Thriving Subgroup who have put together such an incredible resource pack; in particular Saranya Ravindran, Roland Bensted, Sarah McLoughlin, Nisha Patel & Su Laurent :-)