Paediatric Positivity Project

At a time when morale and positivity is low, and fears of the unknown are peaking, we need to look after one another. We are depending on YOU to be the instigators and supporting pillars to encourage and sustain a positive mindset amongst your trainees and colleagues.
There are a huge range of resources available to promote Health & Wellbeing. We hope our mood-boosting suggestions below, as well as the 'Workplace Positivity Menu', help you select some ideas which are right for your department ☺

"**Positivity Squad**"- An active WhatsApp group sharing positivity posts everyday – (all MDT welcome) – joining link: https://chat.whatsapp.com/Bs3c5tRsYTv2ZqkbC1nwQ3

Surviving & Thriving Handbook - a guide made my trainees for trainees; full of wellbeing content, teambuilding at work and much more…
https://londonpaediatrics.co.uk/surviving-and-thriving-covid19-handbook/

"**Listen Up!**" – a beautiful poem written and filmed by paediatricians for children, a response to the 'Dear Key Workers' poem : https://www.youtube.com/watch?v=xnuSodDeWsQ

Learning from Excellence – resources to make GREATIX'S easy in your department
https://learningfromexcellence.com/resources-and-evidence/resources/

RCPCH Wellbeing – UK wide wellbeing resources, focussing on looking after us!
https://www.rcpch.ac.uk/key-topics/your-wellbeing-during-covid-19-pandemic

WE NEED YOU!

Elect your local trainee and trainer POSITIVITY CHAMPION!!

Then commit to your very own positivity pledge!

Paediatric Positivity Project

My positivity action plan:

1) I pledge to_____

2) This will aim to_____

Please go to this link and fill out your pledge online
http://tiny.cc/myp3pledge

☺ Workplace Positivity Menu ☺

It's time to focus on improving 'joy in the workplace'.

We understand it can be difficult to inspire positivity at all times. Therefore, the LSP Surviving and Thriving group have created a positivity menu, to provide some creative ideas to use at your local trusts.

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…

1. **Positivity round:** make everyone smile at the end of handover or safety huddles
2. **Learning from Excellence awards:** everyone loves a certificate!
3. **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 to do something FUN- sing songs, 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. **Night shift Pizza Time**
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 **our paediatric positivity team** for further information, ideas and support
nisha.patel12@doctors.net.uk & mumtaz.mooney@nhs.net