

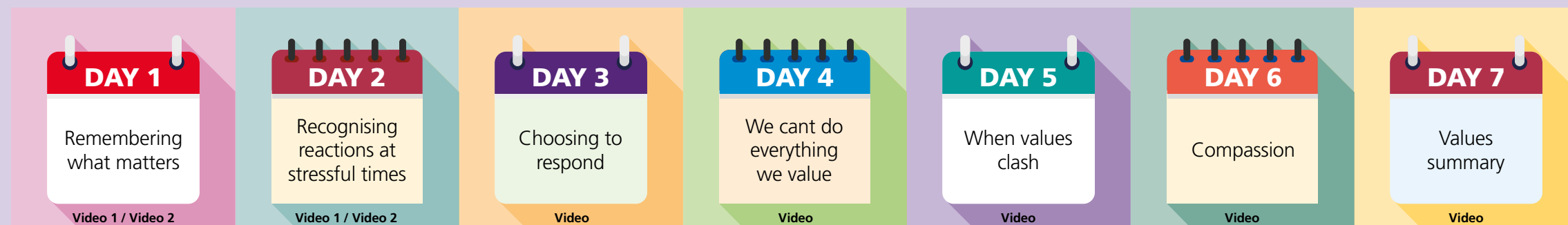
#TEAMSFH WELL-BEING calendar



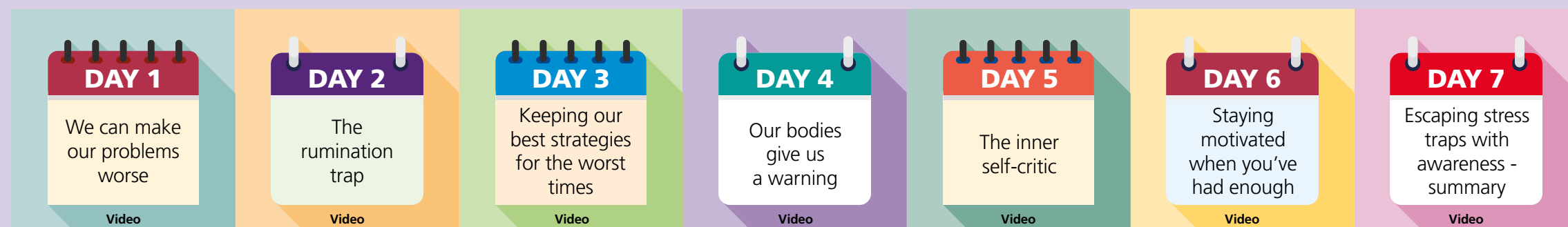
Sherwood Forest Hospitals
NHS Foundation Trust

The Psychology Service have developed a well-being calendar for SFH colleagues - click on the links to see a short video with daily well-being topics aimed to support both individual and team well-being. Each video ends with an activity which invites you to consider how it can be put into practice to support you and your teams. Look out for this on #TeamSFH Facebook Group, Twitter and The Bulletin.

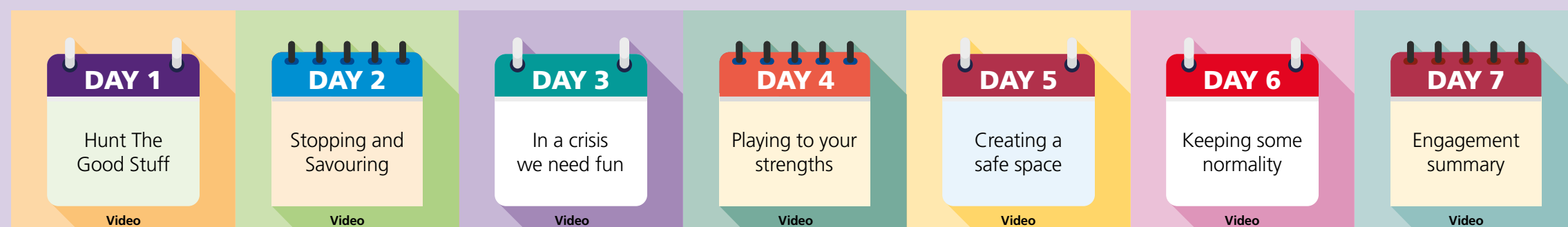
WELL-BEING THEME WEEK 1: VALUES



WELL-BEING THEME WEEK 2: AWARENESS



WELL-BEING THEME WEEK 3: ENGAGEMENT



WELL-BEING THEME WEEK 4: CONNECTION



We are in this together | Just do the best that you can do | Look out for each other | Its ok not to be ok