



## Wellbeing for registered managers webinar

Thursday 15 October 2020 – Resource Handout

### Skills for Care support for registered managers

Go to the registered manager dedicated [webpage](#) to find details of our advice line, Facebook and Whatsapp groups and to view a series of COVID-19 recorded webinars.

### Wellbeing for registered managers – a practical survival guide

This guide is based on the Five Ways to Wellbeing; Connect, Be active, Take Notice, Keep learning and Give. It includes practical information, top tips, case studies, action plans and workbook exercises and is available to registered manager members of Skills for Care. Not already a member of Skills for Care? [Find out more.](#)

### De-escalating in challenging situations

This handy [self- support tool](#) has been developed with social care employers, to support staff when encountering difficult situations. Use in the workplace as a noticeboard poster, cut out the handy pocket sized reminder to give out to staff or suggest staff can photograph the tips using their phone, as an easy way to carry with them at all times.

### Wellbeing text message service

Sign up [here](#) to the wellbeing text message service by **12.00 noon on Friday 16 October**. Managers will receive text messages for 15 weeks which will include tips and prompts to look after yourself and recognition of the valued work you are doing.

### Building resilience

Our [Building resilience webpage](#) contains resources that help team leaders and managers to build staff resilience at an individual, team and organisation level.



### **Mind Wellness Action Plans**

[Download free guides and templates](#) to develop a wellness action plan (WAP). Everyone can complete a WAP, you don't need to have a mental health problem in order to feel the benefits. It just means that you already have practical steps in place to ensure you are supported when you aren't feeling great.

### **Introduction to Mindfulness**

MindEd and Health Education England have developed this free online eLearning called an 'Introduction to mindfulness'. It explains what mindfulness is and how it can help you. It's free to access and you don't need to register.

[www.e-lfh.org.uk/introduction to mindfulness](http://www.e-lfh.org.uk/introduction-to-mindfulness)

### **Wellbeing guidance for social care professionals**

A [short guide](#) which contains useful tips to support you as a manager and support your teams.