



Kath Lewis - Staying Connected

- Most services are finding ways to stay in touch via social media & online tools (refer to BAA website)



BAA HEADS OF SERVICE - HEALTH AND WELLBEING

As Heads of Service and Service leaders we have to look after the health and wellbeing, including mental wellbeing, of all our teams in these unprecedented times. We have had very little time to react to this but there have been some really useful suggestions for all that came out of the BAA HOS meeting.

The clear message throughout is to stay connected.

- Staying in touch important when redeployed away from own
- Have you joined the NHS Leaders in Audiology on NHS Networks?
- NHSmail is offering free messaging and conference app for a limited time period.
- This uses Microsoft Teams and more information can be found on digital.nhs.uk.



Useful tools for managing anxiety and stress

- The challenge of supporting colleagues with varying levels of mild anxiety to panic.
- The challenge of keeping stress to a minimum.
- Encourage engagement with tool such as;



- Cognitive Behavioural hypnotherapists and mindfulness teacher – youtube .

NHS in Mind

There are 8 easy to access short interventions (1-21 mins) to help alleviate and combat high anxiety, panic and fatigue at this time.

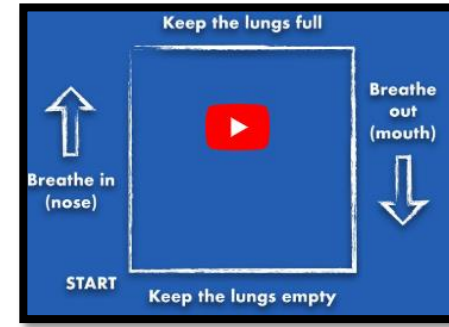
<p><u>Box Breathing</u></p> <p>A simple breathing exercise to combat panic and anxiety (2 mins)</p> <p>→</p>	<p><u>Notice 5 Things</u></p> <p>An exercise to centre yourself when getting caught up in intrusive thoughts (45 seconds)</p> <p>→</p>	<p><u>3 Minute Breathing Space</u></p> <p>A brief practice used when thoughts or mood spiral in a negative direction (3 mins)</p> <p>→</p>	<p><u>A Short Meditation on the Breath</u></p> <p>This guided meditation brings awareness to the breath helping focus a busy mind (10 mins)</p> <p>→</p>
<p><u>Progressive Muscle Relaxation</u></p> <p>A deep relaxation technique to counter the effects of stress and anxiety (17 mins)</p> <p>→</p>	<p><u>Ego Strengthening Hypnosis</u></p> <p>This relaxing hypnotic recording is designed to help build confidence and self-esteem (20 mins)</p> <p>→</p>	<p><u>3-4-5 Breathing</u></p> <p>A simple and effective exercise for dealing with anxiety and stress (1 min)</p> <p>→</p>	<p><u>Jencks Time Progression</u></p> <p>This breathing method achieves the deepest feeling of rest in a very short time span (4 mins)</p> <p>→</p>

Give colleagues a break in day & encourage them to work through these

These tools will be very familiar for those involved in Tinnitus management



- | | |
|---|------------|
| 1. Box breathing | 5 minutes. |
| 2. Notice 5 things | 1 minute |
| 3. 3 minute breathing space | 6 minutes |
| 4. A short meditation on the breath | 11 minutes |
| 5. Progressive muscle relaxation | 17 minutes |
| 6. Ego strengthening hypnosis | 21 minutes |
| 7. 3-4-5 breathing (1 min instruction, 5 min doing) | 6 minutes |
| 8. Jencks time progression | 4 minutes |



3 MINUTE BREATHING SPACE

A SHORT MEDITATION ON THE BREATH



3 - 4 - 5 Breathing

1. Breathe in for **3** seconds...
2. Hold your breath for **4** seconds...
3. And finally breathe out for **5** seconds...

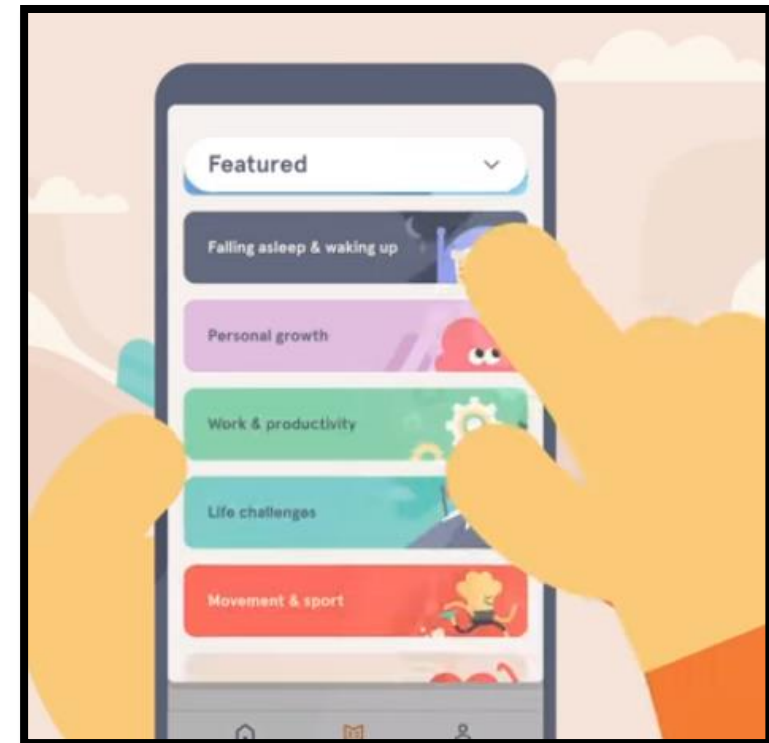
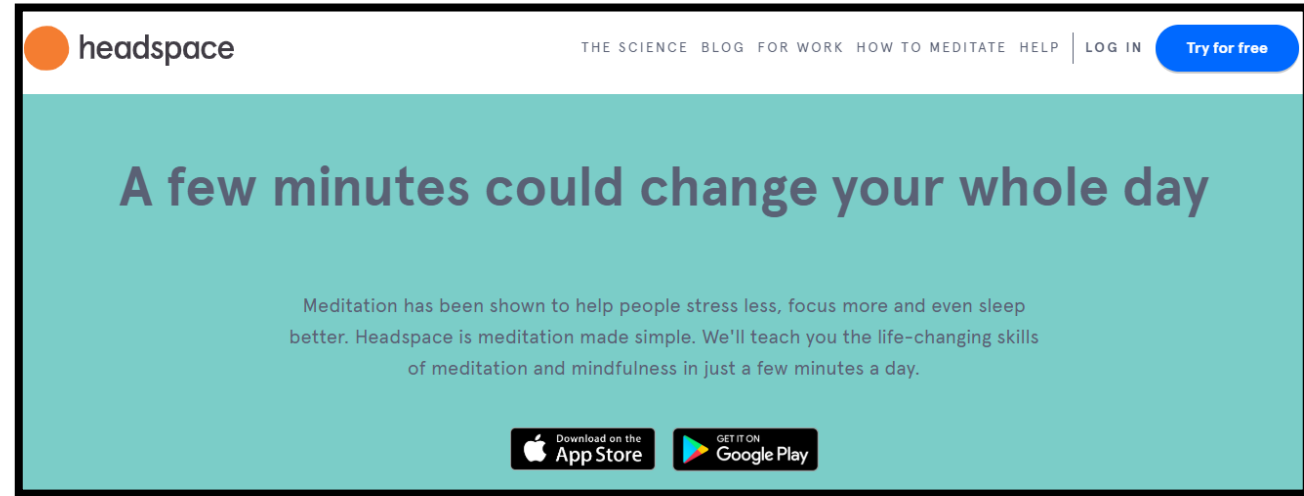
Downloadable App free for 1 month
(dismiss advert)

Notification options for practicing +
thoughtful words of wisdom for
mindfulness.

Explore tools to help with stress,
anxiety, sleep, exercise, meditations

Under Stress & anxiety there are:

- 9 videos (4 - 20 mins)
- 6 SOS 3 min meditations
- 8 single meditations (3 - 10 mins)
- 4 animations lasting 1 minute



Summary



New to this? Start with NHS in mind -

It is free and easy to use and easily accessible at work and home.

If you need long term motivation and access to a large number of different tools for stress & anxiety management, then try Headspace. Only buy the full App if you feel it works after the free trial.

Also, don't forget that the Tinnitus Apps are also useful and free and cover a lot of the same tools.



**BRITISH ACADEMY
OF AUDIOLOGY**