

Why Wellness Matters

Patients deserve you at your best.

You deserve to be at your best.

Your team need you at your best.

Being at your best means...

- 🤝 Working together for patients
- 👉 Respect and dignity
- 👉 Commitment to care quality
- 👉 Compassionate care
- 💪 Improving of people's lives
- 👍 Making everyone count

In order to be at your best you must first put YOUR wellbeing first!

7 in 10

NHS staff reporting illness or mental distress at work

DHSC 2018

2 in 3

Doctors reported rota gaps as a significant patient safety issue

Nuffield NHS Trust 2019

1 in 2

Physicians reported frequent burnout

Medscape survey 2017

1 in 10

Nurses reported they have considered leaving

Health Education England



 **Scan me!**

For loads more useful resources and advice designed to improve your wellness, scan the QR code or check out some of our top tips overleaf!

“Nurses need meaningful support to prevent burnout and re-ignite their passion.”

Nursing Times
2018

“Doctors turn to alcohol, food and drugs to cope with work stress.”

Guardian Newspaper
2019

“More support is needed for those who care.”

HEE Chief Executive
2019

Wellbeing matters...

Without small steps to look after yourself, physical health needs start to accumulate. Mental health deteriorates. Medical errors occur. Standards of care drop. Job satisfaction falls. Compassion fatigue kicks in. Team morale suffers. Sick leave increases. And at worst, Patients and even staff can die.

**RCEM
LEARNING**

**Wellness
Compendium**

<http://bit.ly/RCEMempower>

Sustainable Working

<http://bit.ly/RCEMsustainableworking>

Wellbeing for Clinicians

<http://bit.ly/RCPCHwellbeing>



**Royal College of
Paediatrics and Child Health**

Leading the way in Children's Health

RCOA

Royal College of Anaesthetists

Doctors in Difficulty

<http://bit.ly/RCOAdifficulties>

Rest. Rehydrate. Refuel.

<http://bit.ly/RCNrehydrate>



**Royal College
of Nursing**



**Royal College
of Physicians**

Working the Nightshift

<http://bit.ly/RCPnightshift>

Lightning Learning: Mindfulness

<http://bit.ly/EM3mindfulness>

Five Ways to Wellbeing

<http://bit.ly/MINDwellbeing>

Apps for Health and Happiness

<http://bit.ly/HEADSPACEapp>

