

Description

5 Ways to Wellbeing: Keep it simple

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We know taking care of our wellbeing both physically and mentally is important, but all too often it is something that is
e, learn and give, have been evidenced to
can build better wellbeing into our routines.

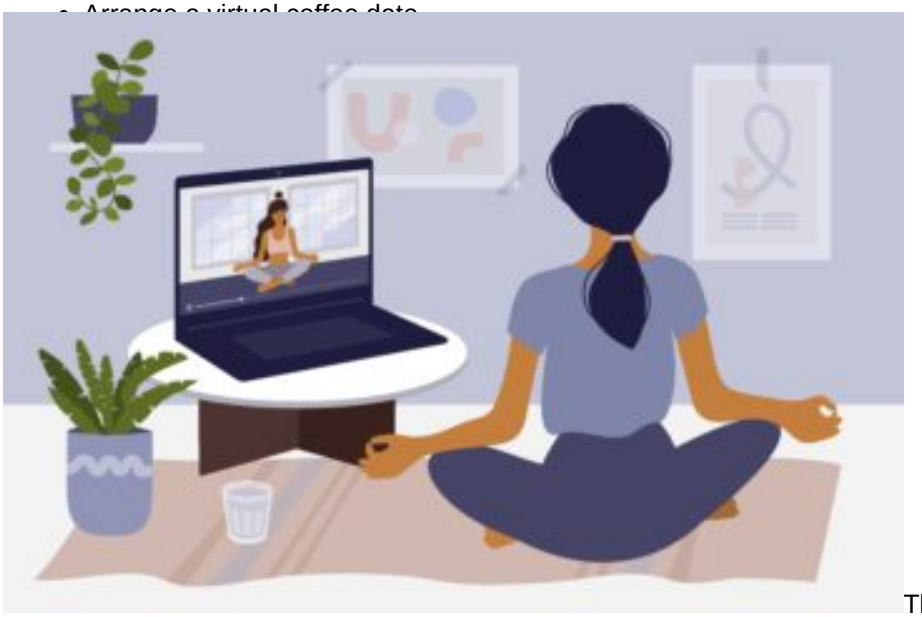


The relationships we have are help us to feeling close, connected and valued. As midwives we are acutely aware of this as communication and relationship are

central to what we do, whether that be the families we care for, our work colleagues, or our own families and friends. The enforced distance of the COVID-19 pandemic has highlighted the importance of human connection on a personal level for many of us.

We spend much of our time communicating in person and online. Try making one deliberate connection per day:

- Ring someone instead of sending a text
- Reconnect with an old friend
- Arrange a virtual coffee date



The endorphins created with any physical activity help improve our mood. Being active does not have to be expensive, need special clothing or equipment or take a lot planning. It doesn't have to be a formal sports activity.

If you're at home, try yoga in your living room on YouTube. Not into yoga, there's something online to everyone's taste, from HIIT to rebound training!

Live with family or friends – why not try something together? Joe Wick's videos are aimed at everyone at any level.

If you're working, why not explore the outdoor spaces around you – does your trust have a garden for example? In community – why not explore a local park.

Build it into your day and keep it simple – take the stairs instead of the lift!

3. Take notice

When was the last time you were mindful, stopping and appreciating what is around you.

So often we are caught up in our thoughts of our next task, or spending the in between time checking messages and e-mails – always ‘plugged in’. Take a moment to put all of these things to one side. To be aware of yourself, of your environment, of the sounds and sensations around you.

- A bird singing?
- A particularly unusual doorway?
- The sound of a mother comforting her newborn?
- The crunching of gravel beneath your feet?

As midwives, we are busy people. Wherever you are, however little time, take time to a second to appreciate your surroundings. Connect with the world around you.

4. Learn

As midwives, we are continually learning and developing new skills – it’s an important part of our role. Learning is not just important professionally, it helps to feed our curiosity, opens up new ideas, experiences and opportunities.

ite your passions within midwifery:

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It is also important we spend time away from midwifery. Spend some time learning something new, or rediscovering an old skill or hobby.

- Learning to knit
- Try a new recipe for your dinner
- Playing the piano
- Planting some seeds

Spend 10 minutes over breakfast or on your commute tapping into something new.

5. Give

Being kind is another central quality in midwives, and provides a sense of wellbeing, helping us to connect and build relationships. Kindness does not have to be big, often the smallest kindnesses are the most appreciated.

- Holding a door open
- An unsolicited smile
- Taking the time to truly listen to someone
- Making someone a cup of tea



These ways to wellbeing will be look different for everyone. Building these self-care moments into your day does not need to be overwhelming or take up a lot of time, effort or money. By finding ways to build these into our own routines, we can help improve our wellbeing long-term, and find a little bit of joy every day.



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Category

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2. Nurture You

Tags

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