

# Caring for yourself while you care for others:

A toolkit for nursing ambassadors to look after their own health



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# Caring for yourself:

## A toolkit for nursing ambassadors to look after their own health

This toolkit was designed especially for ambassadors by the health charity C3 Collaborating for Health. Through its NURSING YOU programme, C3 has spoken with over 450 nurses who have made it clear: it's hard to look after ourselves when we're so focused on caring for our patients. With the arrival of the COVID-19 pandemic, prioritising our own health seems even more out of reach, yet remains vital.

COVID-19 has also amplified the profound inequalities that our black, Asian and minority ethnic (BAME) colleagues and patients face daily. The physical and psychological toll that racism and discrimination exert on a person's health and wellbeing cannot be overstated. Racism is absolutely not tolerated in the NHS. As nurses and ambassadors we have a duty to actively stand against racism, which starts with each one of us and also must include systemic changes. NHS England and NHS Improvement are working to address racism through these [key areas](#).

Thanks to feedback about the toolkit from our ambassadors, and an extensive review led by our ambassador colleagues in the Midlands region, we have incorporated a wider range of relevant apps, websites, and podcasts that recognise the cultural differences and preferences within health and wellbeing. Resources for additional health topics have also been included, such as for menstruation. Through this toolkit we hope you find a resource that will help you put your needs first, and that you can go on to share with your patients and communities.

Remember, there are also multiple support offers available at national level, and more in development. You may want to keep an eye on [The NHS People website](#) and also the [NHS Horizons hosted health and wellbeing webinars](#) including the [#Caring4NHSPeople Online Community](#).

You can follow both on social media [@people\\_nhs](#) | [@HorizonsNHS](#) and using the hashtags [#Caring4NHSPeople](#) | [#OurNHSPeople](#)

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# PHYSICAL ACTIVITY & DIET

PHYSICAL  
ACTIVITY & DIET

MENTAL HEALTH,  
SLEEP & SELF-CARE

SUPPORTING NURSES'  
HEALTH AT WORK

SMOKING

ALCOHOL

MENSTRUAL  
HEALTH

MENOPAUSE

CARING  
RESPONSIBILITIES

FINANCIAL  
SUPPORT

HYDRATION

BEREAVEMENT

HELPING NURSES PROVIDE  
PATIENT SUPPORT



PHYSICAL ACTIVITY & DIET

# Active 10

Make exercise easy with this free walking tracker app

Type / Price:



Mobile Application –  
FREE to download / use

Created by:

NHS

## What is it?

The free *Active 10* walking tracker app is a simple way to take away the guesswork of how active you have been.

By using the sensors in your device, the app anonymously records every minute of walking you do, even if those minutes are spread out across the day. Just pop your phone in your pocket and away you go!

It will then show you how much brisk walking you're doing and how you can do more. The app is easy to use and helps you set goals for the day.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HELPING NURSES PROVIDE PATIENT SUPPORT



PHYSICAL ACTIVITY | STRESS

# Couch to 5K

A free app that takes you through a nine week programme to get you off the couch and running a 5K

Type / Price:



Mobile Application –  
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.8 / 5

*“As someone who has never run I would say this app has the potential to change lifestyles. I get a huge sense of well-being after every run.”*

What is it?

An app that gives the user step-by-step instructions and coaching to get them walking and running a 5K in just nine weeks. It provides motivation and advice from a choice of five trainers, and also allows the user to track their progress throughout the nine weeks. *Couch to 5K* gives advice and tips throughout the journey, and connects the user to like-minded people through its community forum.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HELPING NURSES PROVIDE PATIENT SUPPORT



DIET

# MyFitnessPal

A free app that allows you to track your food intake and calories with ease, and record your physical activity

Type / Price:



Mobile Application –  
**FREE** to download / use  
 offers in-app purchases  
 to access *MyFitnessPal  
 Premium*

What is it?

*MyFitnessPal* is an app that allows users to log their food and calorie intake, physical activity, number of steps and make goals. The app allows the user to chart their progress in terms of physical activity, weight loss and nutrition.

Reviews:

★★★★★ 4.7 / 5

*“I love that you can scan in what you eat, track your progress, your friends can join which means you can develop your own support network.”*

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HELPING NURSES PROVIDE PATIENT SUPPORT



DIET

# Easy Meals

A free app that allows you to search for delicious and simple recipes to cook for breakfast, lunch and dinner

Type / Price:



Mobile Application –  
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.8 / 5

*“The meal ideas are varied but not complicated making them useful every day. I feel encouraged to try a variety so healthy eating isn’t boring.”*

What is it?

Easy Meals is app that gives easy calorie counted recipes and meal ideas; saves recipes; offers information on healthier choices and provides a shopping list feature to help the user keep track of what they need by emailing ingredients and saving shopping lists.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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DIET | PHYSICAL ACTIVITY | MENTAL HEALTH | FERTILITY

## The Food Medic

A podcast that offers expert advice from leading professionals on how we can live healthier, happier lives

### Type / Price:



Podcast –  
**FREE** to access

### Reviews:

★★★★★ 5 / 5

*“Fabulous: some really inspirational topics discussed here.”*

### What is it?

A free podcast, hosted by Dr Hazel Wallace – medical doctor, personal trainer, blogger and author – where experts in their field are interviewed on evidence-based advice from female hygiene, to diet, to exercising and stress.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HEALTHY FAITH/COMMUNITY GROUPS



DIET | PHYSICAL ACTIVITY

# The Doctor's Kitchen Podcast

A podcast with a specific focus on what you can eat to promote good health

Type / Price:



Podcast –  
FREE to access

Reviews:

★★★★★ 5 / 5

"Great Podcast."

## What is it?

A free podcast, hosted by Dr Rupy Aujla – GP and author – who interviews experts in health, nutrition and well-being on healthy eating to how to prevent disease and illness.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HELPING NURSES PROVIDE PATIENT SUPPORT



PHYSICAL ACTIVITY | WEIGHT LOSS | HYDRATION | ALCOHOL | DIET

## NURSING YOU

A free app designed by nurses exclusively for nurses to support their well-being and weight management goals

### Type / Price:



Mobile Application –  
**FREE** to download / use  
*email in for the access code*

### Created by:

MAXIMUS UK &  
C3 Collaborating for Health

### Reviews:

★★★★★ 3.5 / 5

### What is it?

Designed by nurses, for nurses: *NURSING YOU* is an exclusive app to help nurses care for themselves so they can keep doing what they do best – caring for others. Now in its second year, the *NURSING YOU* app comes from a partnership with MAXIMUS UK. Building on MAXIMUS’ digital well-being platform, *NURSING YOU* enables nurses to reflect on how they make decisions at work and to identify well-being goals, such as how to help maintain a healthier weight or drink more water.

The app includes well-being assessments, tracking functions, and recipes and health tips.

For 2019, C3 and MAXIMUS are adding one-to-one health coaching. This unique 12-week behavioural change programme will better support nurses on their weight-loss journey, as health coaches help decide on goals, track progress and help nurses push through relapses.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES’ HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HELPING NURSES PROVIDE PATIENT SUPPORT



PHYSICAL ACTIVITY | DIET

## Vitamin D – NHS Guidance

Free guidance from the NHS on the importance of Vitamin D to help regulate the amount of calcium and phosphate in the body

### What is it?

Free guidance from the NHS on the importance of Vitamin D including sources of Vitamin D and advice on supplements.

Type / Price:



Website –  
**FREE** to use

Created by:

NHS

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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PHYSICAL ACTIVITY | DIET

# The Eatwell Guide

*The Eatwell Guide* from Public Health England helps you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group

## What is it?

The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

Type / Price:



Website –  
FREE to use

Created by:

Public Health England

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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PHYSICAL ACTIVITY | DIET

# Eat Well

The *Eat Well* pages from the NHS cover healthy eating advice for the general population including food & diet, recipes and tips and digestive health

## What is it?

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

This website from the NHS covers healthy eating advice for the general population.

Type / Price:



Website –  
FREE to use

Created by:

NHS

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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PHYSICAL ACTIVITY | DIET

# We Are Undefeatable

*We Are Undefeatable* is a movement supporting people with a range of long-term health conditions, developed by 15 leading health and social care charities.

Type / Price:



Website –  
**FREE** to use

## What is it?

Being undefeatable is understanding that how you feel can change from day-to-day, that everybody's situation is unique, and that moving more when you can is just as important as accepting when you can't. We believe that every achievement, no matter how small it might seem to someone else, is worth celebrating.

The campaign website brings together partners who reach people living with: arthritis, some long-term limiting mobility conditions, Alzheimer's, asthma, back pain, cancer, chronic obstructive pulmonary disease/ lung condition, dementia, heart disease, stroke, hypertension (or other heart related condition), long-term depression or anxiety, MS, Parkinson's, type 1 diabetes and type 2 diabetes.

→ GO TO RESOURCE

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PHYSICAL ACTIVITY | DIET

# Join the movement

Tips, advice and guidance on how to keep or get active in and around your home. Join the Movement and share how you're getting active during this time

## What is it?

*Join the Movement* is our brand-new campaign, funded by The National Lottery, giving you the advice and tools you need to help you do this while the country deals with the coronavirus outbreak.

Type / Price:



Website –  
**FREE** to use

Created by:

Sport England

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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PHYSICAL ACTIVITY | DIET

# This Girl Can

*This Girl Can* celebrates active women focussing on physical activity for women and girls

Type / Price:



Website –  
FREE to use

Created by:

Sport England

## What is it?

Research shows that many women are put off taking part in physical activity due to a fear of judgement – this might be about the way the look when they exercise, that they’re not good enough to join in or they should be spending more time on their families, studies or other priorities.

This Girl Can website seeks to tell real stories of women who get active or play sport in the way that’s right for them using images that show what activity really looks like.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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# MENTAL HEALTH, SLEEP & SELF-CARE

PHYSICAL  
ACTIVITY & DIET

**MENTAL HEALTH,  
SLEEP & SELF-CARE**

SUPPORTING NURSES'  
HEALTH AT WORK

SMOKING

ALCOHOL

MENSTRUAL  
HEALTH

MENOPAUSE

CARING  
RESPONSIBILITIES

FINANCIAL  
SUPPORT

HYDRATION

BEREAVEMENT

HELPING NURSES PROVIDE  
PATIENT SUPPORT



STRESS | SLEEP | SELF-CARE

# Calm

An app that offers guided meditations, sleep stories, breathing programmes and stretching exercises

Type / Price:



Mobile Application – FREE to download / use offers in app-purchases for monthly and annual subscription

Reviews:

★★★★★ 4.7 / 5

*“Calm gives you a toolbox with multiple different tools that you can use in various situations. I love it and highly recommend it to anyone.”*

## What is it?

*Calm* is app that aims to reduce stress levels and improve quality of sleep through a range of inbuilt services. These services include: guided meditations; sleep stories; breathing programs; stretching exercises; and relaxing music.

The app features a daily 10 minute programme of Daily Calm; a 7 and 21 day mindfulness programme for beginners and advanced users and allows the user to track their progress by recording their mindfulness (meditation) minutes.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HELPING NURSES PROVIDE PATIENT SUPPORT



SLEEP

# Sleep Life

A podcast designed to help you unlock your sleeping potential

Type / Price:



Podcast –  
**FREE** to access

Created by:

OneYou (PHE)

Reviews:

★★★★★ 5 / 5

*"Great Podcast."*

What is it?

A free podcast that provides advice on how sleep interacts with daily life such as relationships and nutrition, and provides tips and tricks on how to get a better night's sleep.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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STRESS

# Thrive: Mental Well-being

An evidence-based app to prevent and manage stress, anxiety and related conditions

Type / Price:



Mobile Application –  
FREE to download / use

Reviews:

★★★★★ 5 / 5

*"I appreciate this app so much. I've always had anxiety when my daily responsibilities have overwhelmed me. But the breathing exercises and 'retraining my brain' with positive thoughts has been life changing. Thank you."*

What is it?

Developed in the UK by specialists with many years of clinical experience, the app uses easy-to-learn, clinically proven techniques to help live a happier, more relaxed, stress-free life.

The app helps to monitor mood and teaches relaxation techniques such as meditation and deep muscle relaxation that – with practice – have shown to help people cope better with stressful situations. It also has a 'thought trainer' programme based on cognitive behavioural therapy to help manage negative thoughts.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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STRESS | SLEEP | SELF-CARE | BEREAVEMENT

## HeadSpace: Meditation and Sleep

An app offering mindfulness and meditation techniques with the aim of improving focus and decreasing stress and anxiety

### Type / Price:



Mobile Application –  
**FREE** to download ;  
offers in app-purchases  
for subscription

### What is it?

HeadSpace is an app that provides a completely free ‘basics’ course to teach the fundamental techniques of meditation and mindfulness, with the aim of reducing stress.

*“This app has 100% helped me to manage my mental health for the better and has encouraged me to appreciate life. Cannot praise this app enough. Absolute life changer.”*

After completing the ‘basics’ course, users have the chance to gain access to the full *HeadSpace* meditation library by subscribing (monthly / annually). The app offers guided meditations on topics such as focus, exercise, sleep and ‘everyday headspace’ to help tackle all aspects of daily life.

### Created by:

Researchers at University College London using evidence and theory from the field of behavioural science

### Reviews:

★★★★★ 4.8 / 5

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH

**CIPD** (Chartered Institute of Personnel and Development)

**Resources developed to support those experiencing stress and mental ill health issues and sets out practical steps that employers can take to create a mentally healthy workplace**



Type / Price:



Resources to download

**What is it?**

**Factsheet:**

*Mental health in the work place*

Gives an overview of mental health issues in the workplace. It provides guidance on supporting employees' mental health at work, including spotting early signs of mental health issues, training line managers, and promoting a good work-life balance. The factsheet emphasises the importance of making adjustments at work and offers guidance on providing specialist clinical and professional advice for employees who need it.

**Guide:**

*People managers' guide to mental health*

Produced in collaboration with MIND. This guide is designed to support anyone involved in managing people, from line managers in large organisations to owner-managers of small firms. It includes practical guidance such as checklists and templates for facilitating conversations about mental health that are easily adaptable for different workplace environments and relationships.

**Poster:**

*Let's talk mental health*

Poster available to download and print. It is designed to help raise awareness of the ways in which colleagues can support each other's mental health at work.

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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# MENTAL HEALTH AT WORK

## MENTAL HEALTH

# Mental Health at Work

A set of resources that offer a starting point in looking out for healthcare workers' mental health

Type / Price:



2 Websites +  
2 PDF resources

Created by:

OneYou (PHE)

### What is it?

**Toolkit:**

Four free resources – two websites and two PDF documents:

*Creating healthy workplaces: a toolkit for the NHS*

*How are you feeling, NHS?*

*How to be mentally healthy at work*

*Everything you need to know about sickness absence: mental health*

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH

# Feeling Good: positive mindset

An app that provides a programme based on positive psychology and the principles of Cognitive Behavioural Therapy (CBT)

Type / Price:



Mobile Application – FREE to download; offers in app-purchases for additional audio track

Created by:

Positive Rewards Ltd.  
(Approved by NHS Digital)

Reviews:

★★★★★ 4.5 / 5

What is it?

Feeling Good is an app that provides a programme based on positive psychology and the principles of Cognitive Behavioural Therapy (CBT).

The audio tracks on the app combine deep relaxation with resilience techniques to promote focus and mental clarity. Themes covered by the tracks include: mindfulness; body relaxation; and confidence boosting.

*“Highly recommended: This app is amazing and has really helped me turn negative thoughts into positives.”*

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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STRESS | MENTAL HEALTH

# Time and Space

Short videos created for nursing staff providing mindfulness techniques to practice as part of a daily routine

Type / Price:

Videos – FREE to watch

Created by:

RCN Nursing in Justice and Forensic Health Care Forum

Reviews:

*“Every nurse needs this.”*

What is it?

Six, seven-minute videos created for nurses to coach them on mindfulness techniques that they can practice at multiple points during the day. Each video is linked to a stage of the working day.

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH | SELF-CARE

# InnerHour – Live Happier

An app that facilitates self-care, giving you the tools to combat depression, anxiety, stress and more

Type / Price:



Mobile Application –  
FREE to download

Reviews:

★★★★★ 4.5 / 5

*“This has helped me so much to calm me down and get through things.”*

### What is it?

*InnerHour* is an app that helps to create a space for self-care by providing the user with tools and techniques – utilising cognitive behavioural therapy – to help manage stress, anxiety and depression.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH | SELF-CARE

# Reflectly

A personal journal app that enables you to deal with negative thoughts, learn self-care and happiness

Type / Price:



Mobile Application –  
**FREE** to download / use  
offers in app-purchases

Reviews:

★★★★☆ 4.3 / 5

## What is it?

*Reflectly* is an app that uses positive psychology, mindfulness and cognitive behavioural therapy and allows the user to create stories in a personal journal and reflect on each day.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH AT WORK

# Taking Care of Yourself

Small, simple steps you can take and look after your mental health at work



Type / Price:



Available online –  
Wellness Action Plan  
**FREE** to download

## What is it?

An online resource outlining evidence-based steps to well-being; tips and information on how to look after mental health at work and a free *Wellness Action Plan – a guide for employees* (available to download), which includes an electronic interactive template and information on how to approach the subject of employee well-being with managers.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH | STRESS | ANXIETY | SLEEP | DIET

## Feel Better, Live More

A podcast that provides easy health life-hacks and expert advice to give you tools to manage stress, sleep, eating habits and more

### What is it?

A free podcast, hosted by Dr Rangan Chatterjee – a GP, author and TV Presenter – who interviews experts and provides easy, lifestyle and health hacks; from mental health, to gut health, to stress, to mindfulness.

#### Type / Price:



Podcast –  
**FREE** to access

#### Reviews:

★★★★★ 5 / 5

*“Fantastic.”*

*“Podcast I listen to most.”*

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES’ HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HELPING NURSES PROVIDE PATIENT SUPPORT



## MENTAL HEALTH

# Happy Place

A free podcast that promotes ways to find joy in every-day life

### What is it?

A free podcast, hosted by Fearn Cotton, who interviews famous people on the tools they use to promote their own well-being and positive mental health.

### Type / Price:



Podcast –  
**FREE** to access

### Reviews:

★★★★★ 5 / 5

*“Utterly inspiring, motivating, life changing.”*

→ GO TO RESOURCE

PHYSICAL  
ACTIVITY & DIET

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HEALTH AT WORK

SMOKING

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MENTAL HEALTH, SLEEP & SELF-CARE

# Liberate meditation

***Liberate Meditation* offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community**

**Type / Price:**



Mobile Application –  
Liberate has partnered with the NHS to offer you a **FREE** subscription until December 2020

**What is it?**

Liberate is the #1 meditation app for the Black, Indigenous, and People of Color community. Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalised racism and micro-aggressions and celebrate Blackness.

**Created by:**

Zen Compass, Inc.

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH, SLEEP & SELF-CARE

# The Black, African and Asian Therapy Network

This website provides a list of free counselling specifically set up to serve the BME community

## What is it?

The UK's largest independent organisation to specialise in working psychologically, informed by an understanding of intersectionality, with people who identify as Black, African, South Asian and Caribbean. The primary focus and area of expertise is to support people from these heritages.

**BAATN**  
The Black, African and Asian Therapy Network

Type / Price:



Website –  
FREE to use

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH, SLEEP & SELF-CARE

# COVID-19: Psychological Impact, Wellbeing and Mental Health

Short 3-week course exploring the impact of the coronavirus pandemic on wellbeing and mental health at an individual, group and societal level

## What is it?

Improve your understanding of the psychological impact of COVID-19.

The coronavirus pandemic is placing unprecedented mental strain on people around the world. You may be caring for someone vulnerable, struggling with finances, at risk yourself, or even grieving a loved one. All our lives have been affected.

On this course, you'll identify the factors specific to COVID-19 that impact our wellbeing and mental health – at an individual, group and societal level.

Type / Price:



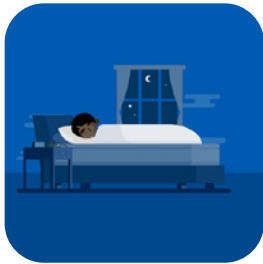
Course –  
**FREE** to access

Created by:

Maudsley Learning

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH, SLEEP & SELF-CARE

# A guide to good sleep

*A guide to good sleep* for clinicians and healthcare professionals

Type / Price:



Website –  
**FREE** to use

Created by:

NHS People

## What is it?

COVID-19 has changed the way we all live and work. For those working in healthcare, especially those on the frontline, this stressful period may present a real challenge to both mental health and to sleep. Sleep is a cornerstone of our health and so protecting it is important. This brief guide aims to help that.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH, SLEEP & SELF-CARE

# SilverCloud

*SilverCloud* is a leading digital mental health company. Their programmes are used globally by over 300 healthcare providers, health plans and employers

## What is it?

Programmes offered include:  
 space from COVID-19,  
 space for resilience and  
 space from stress.

Type / Price:



Mobile Application –  
**FREE** access for NHS staff  
 using code **NHS2020**

Created by:

SilverCloud

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH, SLEEP & SELF-CARE

# #StayAlive

The *Stay Alive* app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis

Type / Price:



Mobile Application –  
**FREE** to access

Created by:

Grassroots Suicide Prevention

## What is it?

You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

The app includes:

- A safety plan with customisable reasons for living
- A LifeBox where you can store photos and memories that are important to you
- Strategies for staying safe and tips on how to stay grounded when you're feeling overwhelmed
- Guided-breathing exercises and an interactive Wellness Plan

The app also links you directly to local and national crisis resources, with space to add in your own as well.

→ GO TO RESOURCE

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MENTAL HEALTH, SLEEP & SELF-CARE

# Daylight

*Daylight* is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation

## What is it?

*Daylight* is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Type / Price:



Mobile Application – Big Health is offering **FREE** access to Daylight for all NHS staff until 31 December, active now.

Created by:

Big Health

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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MENTAL HEALTH, SLEEP & SELF-CARE

# Unmind

*Unmind* is a mental health platform that empowers staff to proactively improve their mental wellbeing

Type / Price:



Mobile Application – They are offering **FREE** access to NHS staff until the end of December 2020, active now.

What is it?

Using scientifically backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

Created by:

Unmind

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	<b>MENTAL HEALTH, SLEEP &amp; SELF-CARE</b>	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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# SUPPORTING NURSES' HEALTH AT WORK

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SUPPORTING NURSES' HEALTH | CHANGING WORK ENVIRONMENTS

# NURSING YOU

Resources to help nurses implement changes in their work environments to better support nurses' health

Type / Price:

 Online programme –  
**FREE** to download

Created by:

C3 Collaborating for Health through funding from the Burdett Trust for Nursing (2019)

## What is it?

Designed by nurses for nurses, C3's NURSING YOU programme has spoken with over 450 nurses about how to engage nurses in becoming healthy lives champions. It includes 7 steps to implementing NURSING YOU at nurses' organisations and changing work environments to better support nurses' health, including a fact sheet about nurses' health, template letters for managers, Twitter kit, flyers and an access to food at work survey.

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	<b>SUPPORTING NURSES' HEALTH AT WORK</b>	SMOKING	ALCOHOL	MENSTRUAL HEALTH
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# SMOKING

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SMOKING

# NHS Smokefree

A free app to assist you in stopping smoking with a four-week programme of daily motivation and support

Type / Price:



Mobile Application –  
FREE to download / use

Created by:

Public Health England

Reviews:

★★★★★ 4.5 / 5

*“This great app helped to motivate me and kept me going when I needed a bit of extra support!”*

What is it?

Smoke Free is app that provides a four-week programme that includes practical support, motivation and advice to help stop smoking. Features include daily support messages; badges to reward progress; a savings calculator and tips to help quit smoking.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	<b>SMOKING</b>	ALCOHOL	MENSTRUAL HEALTH
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SMOKING

Ash.

Fact sheet from action on smoking and health

Type / Price:



Website –  
FREE to use

Created by:

Action on smoking and health

What is it?

This fact sheet includes the latest data and evidence on tobacco use by ethnic minorities in England, Wales, Great Britain and the UK (differences due to the population covered by each data source).

It includes:

- Smoking prevalence by ethnicity and nationality
- Smokeless tobacco
- Shisha
- The health impacts of tobacco use among ethnic minorities

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	<b>SMOKING</b>	ALCOHOL	MENSTRUAL HEALTH
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SMOKING

# Evidence into practice: Supporting Black and Minority Ethnic (BME) populations

This briefing is intended to act as a guide for local authorities, NHS organisations and others working with smokers to support them to consider the needs of BME smokers

## What is it?

It provides an overview of current differences in smoking rates between different populations, barriers to accessing quit support or engaging with quit messaging and insights into use of different tobacco products by different populations. It provides case studies to support practice and areas to consider as organisations are developing local approaches.

Type / Price:



Website –  
FREE to use

Created by:

Action on smoking and health

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	<b>SMOKING</b>	ALCOHOL	MENSTRUAL HEALTH
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# ALCOHOL

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ALCOHOL

# Drink Free Days

A free app to help you track and reduce your daily alcohol consumption by nominating Drink Free Days

Type / Price:



Mobile Application –  
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.5 / 5

*"I find this a really good way of reminding myself not to drink! It is non judgemental and low key – just a private little nudge."*

What is it?

*Drink Free Days* is an app that records and tracks alcohol consumption. It also allows the user to nominate Drink Free Days in order to reduce their weekly alcohol consumption. The app provides daily motivation and advice to reduce alcohol consumption, delivers reminders, and provides information on the impact of alcohol on the wallet and the waistband.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	<b>ALCOHOL</b>	MENSTRUAL HEALTH
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ALCOHOL

# Alcohol Change UK

A website that provides free resources on cutting down alcohol consumption

Type / Price:



Website

Created by:

OneYou (PHE)

Reviews:

★★★★☆ 3.5 / 5

*"It is a good App and I really like the fact I can see when I am walking briskly."*

What is it?

Content includes practical tips on how to cut down; a link to a unit calculator; a comprehensive list of no/ low-alcohol options – with reviews; and an interactive *alcohol body map*.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	<b>ALCOHOL</b>	MENSTRUAL HEALTH
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## ALCOHOL

# Drink Less

A free app that aims to help people reduce their alcohol consumption

### Type / Price:



Mobile Application –  
**FREE** to download / use

### Created by:

Researchers at  
University College London

### Reviews:

★★★★★ 4.1 / 5

### What is it?

*Drink Less* is an app that allows the user to keep track of how much they drink, set goals to drink less, get feedback on whether what they are doing is working and access some unique and fun ways of changing their attitude towards alcohol.

Created by Researchers at University College London using evidence and theory from the field of behavioural science.

*“Wish I’d found this app a long time ago. I knew I was a heavy drinker but to see how much I actually drink and the thousands of calories I consume a week in black and white has really been a major eye opener.”*

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES’ HEALTH AT WORK	SMOKING	<b>ALCOHOL</b>	MENSTRUAL HEALTH
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# MENSTRUAL HEALTH

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## MENSTRUAL HEALTH

# Bloody Good Period

**Charity about getting sanitary pads to people who need them**

### Type / Price:



Charity, website, blog  
**FREE** to access

### What is it?

*Bloody Good Period* is a charity who give period products to those who can't afford them and provide menstrual education to those less likely to access it. They also help everybody talk about periods.

*Bloody Good Period* also seeks to eradicate the shame and stigma surrounding menstruation, simply by encouraging the conversation around periods. Everyone should have access to the information they need. No-one should feel ashamed because of a biological process.

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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**MENSTRUAL HEALTH**

**PERIOD.**

**For menstruators and their friends to learn all about the biology and culture of the menstrual cycle**

**Type / Price:**



Podcast –  
**FREE** to access

**Created by:**

Dr Kate Clancy,  
University of Illinois

**Reviews:**

★★★★★ 4.9 / 5

**What is it?**

A series of podcasts lead by Dr. Kate Clancy, an anthropologist and period enthusiast, as she explores anything and everything to do with the menstrual cycle. Not afraid to get into everything menstrual, including the bloody bits for example “Where the tampon goes”, about the Canadian Muslim experience with menstruation, and “Menstrual hygiene, whatever that means.”

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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MENSTRUAL HEALTH

# Safe n Happy Periods

An organisation based in India about creating awareness around shame-free and pain-free menstruation

Type / Price:



Website –  
**FREE** to access

## What is it?

This is an organisation based in India which focuses on creating awareness around shame-free and pain-free menstruation through the lifetime journey of menstruation. *Safe n Happy Periods* links with schools and colleges with volunteers from across the world.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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MENSTRUAL HEALTH

# Busting Period Taboos

Two women who've made it their mission to smash period taboos and make it easier for girls to manage their menstrual health

Type / Price:



Podcast –  
FREE to access

Created by:

BBC News, World Service,  
The Conversation

What is it?

Two women from different countries discuss their first period experiences.

Aditi Gupta was banned from sitting on the family sofa or touching certain foods. As an adult she decided to help break the taboo, and created the Menstrupedia comic book, a global resource for parents and teachers to talk about periods comfortably with their girls.

Lucy Odiwa's first period arrived just as she was called on to answer a question in class. As she stood up her classmates began to snigger at the stain on her skirt. Now a successful businesswoman, she has developed a low-cost reusable sanitary towel.

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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MENSTRUAL HEALTH

# Clue

## Period and cycle tracker

Type / Price:



Mobile Application –  
**FREE**  
(with in app purchases)

Created by:

BioWink GmbH

Reviews:

★★★★★ 4.7 / 5

What is it?

App that allows tracking to get period, PMS, and fertile window predictions. Can see all tracked data in the calendar function. Analysis predications become more accurate with increased tracking.

*“This is such a great app. I remember to fill it in about 99% of the time which is quite miraculous for me and must say something about its simplicity and usefulness. It takes just a couple of minutes at most so is an unintrusive habit. I have what feels to be a quite irregular cycle and it’s been useful to track what actually happens in a clear and simple way.”*

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES’ HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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MENSTRUAL HEALTH

# Period Tracker

## Period and cycle tracker

Type / Price:



Mobile Application –  
**FREE**  
(with in app purchases)

Created by:

GP APPS

Reviews:

★★★★★ 4.8 / 5

What is it?

App that allows period input by simply pressing a button at the start of period every month. Log period dates to calculate and predict the start date of next period. View period history and track future periods dates.

*“I’ve used this app for years and it tracks my cycle perfectly. Knows the exact day I’m going to start, predicts it either spot on or I begin my cycle a day or two before/after. But usually it’s spot on. Like today the app says ‘0 days left’ - meaning I’m supposed to begin my cycle today - and sure enough, this morning in bed before sunrise my cramps woke me.”*

→ GO TO RESOURCE

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES’ HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
MENOPAUSE	CARING RESPONSIBILITIES	FINANCIAL SUPPORT	HYDRATION	BEREAVEMENT	HELPING NURSES PROVIDE PATIENT SUPPORT



MENSTRUAL HEALTH

# Intimina

Website and blog promoting alternative to pads and tampons that is eco-friendly

INTIMINA™

Type / Price:



Blog –  
**FREE**  
(product discount with subscription)

What is it?

Blogs and website demonstrating that there is much more to menstruation than pads and tampons. Learn the inside story on everything menstruation and modern methods for more comfortable and eco-friendly periods.

Created by:

Intimina

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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## MENSTRUATION

# RCGP Menstrual Wellbeing Toolkit

Toolkit for primary care for problems with menstrual dysfunction

### What is it?

Easy to use, logical, evidence-based resource for GPs and other primary care clinicians when diagnosing, supporting and managing the concerns of women with problems caused by menstrual dysfunction.

### Type / Price:



Online resource –  
**FREE** to use

### Developed by:

the Royal College of General Practitioners

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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MENSTRUAL HEALTH

# Endometriosis: diagnosis and management

Information for the general public on these NICE Guidelines

Type / Price:



Online resource –  
**FREE** to use

Created by:

OneYou (PHE)

Reviews:

★★★★☆ 3.5 / 5

## What is it?

These guidelines cover diagnosing and managing endometriosis.

It aims to raise awareness of the symptoms of endometriosis and to provide clear advice on what action to take when women with signs and symptoms first present in healthcare settings.

It also provides advice on the range of treatments available. There is a section for the general public which has links to podcasts along with useful websites.

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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MENSTRUAL HEALTH

# Menstrual Hygiene Day

## Resources about menstruation

Type / Price:



Website –  
**FREE** to use

### What is it?

A website dedicated to campaigning about *Menstrual Hygiene Day* (May 28) and providing education about menstruation. Includes a library of resources with fact sheets, educational materials for adults and children, webinars and technical guides. Some materials are available in languages other than English.

Created by:

Wash United

→ GO TO RESOURCE

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**MENSTRUAL HEALTH**

**Wen.**

**List of organisations providing free period products to healthcare workers and communities**

**Type / Price:**



Online resource –  
**FREE** to use

**Created by:**

Wen

**What is it?**

Directory of organisations offering a COVID-19 period support initiative in the UK, updated on a weekly basis. Includes initiatives for frontline and healthcare workers.

[→ GO TO RESOURCE](#)

PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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## MENSTRUAL HEALTH

# Red Box Project

### Free period products for healthcare workers

#### Type / Price:



Online resource –  
**FREE** to use

#### What is it?

For COVID-19, this organisation has established a project delivering #FreePeriodProducts to NHS hospitals and care settings.

#### Created by:

The Red Box Project

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PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	<b>MENSTRUAL HEALTH</b>
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MENSTRUAL HEALTH

# A Dialogue on Menstrual Taboo

This paper compiles information on the menstrual taboo and various practices regarding it

Type / Price:



Website –  
FREE to use

Created by:

Indian journal of  
community health

## What is it?

Throughout history, menstruation has been linked to a range of perspectives and attitudes towards women and female health. Social and cultural differences in beliefs about menstruation continue to have significant implications for the health and wellbeing of women and girls.

Understanding menstruation and its role in reproductive and general health is an important aspect of female wellbeing. Where menstruation is taboo or poorly understood, it can limit social and economic opportunities for women and girls as well as presenting risks to their physical and mental health.

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# MENOPAUSE

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MENOPAUSE

# Women's Health Concern

Three PDF fact sheets

Type / Price:



PDF resources to download

## What is it?

Three PDF factsheets: *the menopause*; *menopause and insomnia* and; *menopausal hair loss*, which aim to explain just what these changes are, and what you can do to make things easier.

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MENOPAUSE

# Manage my menopause

Bespoke menopausal advice from experts in post reproductive health

Type / Price:



PDF resources to download

## What is it?

Free online resources:

*Manage my Menopause* questionnaire contains a number of sections, data is then used to tailor specific lifestyle advice. If a donation is made it allows the user to download an advice document as a PDF. There is an additional option for the user to calculate their QRISK, QFracture and Frax scores.

*Manage my Menopause handbook* highlights the changes and how they impact on long-term health and suggests small lifestyle changes.

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MENOPAUSE

# Menopause Support

To improve menopause GP education and raise awareness within the workplace to support women experiencing symptoms

Type / Price:



PDF resources to download

## What is it?

Free PDF documents available to download:

- menopause symptoms checker;*
- ten things your doctor should know about menopause;*
- getting the most out of your doctors' appointment;*
- understanding menopause for men*

## Poster

*#MakeMenopauseMatter* poster to download and print to raise awareness in the workplace

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## MENOPAUSE

# MenoPro

**An app to facilitate symptom control of menopause between doctors and women who work together**

### Type / Price:



Mobile Application –  
**FREE** to download / use

### Created by:

NAMS

### Reviews:

★★★★★ 3.5 / 5

*“Walks you through steps for a treatment plan tailored to your patient.”*

### What is it?

*MenoPro* is an app for menopausal symptom management, designed to facilitate personalised treatment of symptom decisions between doctors and women going through the menopause, based on the patient’s preferences, medical history and risk factors. The app has two modes, one for clinicians and one for women, to facilitate shared decision making.

*MenoPro* has several unique features, including the ability to calculate 10-year risk of heart disease and stroke, which is important in deciding whether a treatment option is safe for you. It also has links to online tools that assess the user’s risk of breast cancer and osteoporosis and fracture. *MenoPro* was developed in collaboration with NAMS (the North American Menopause Society) and includes links to NAMS education materials, including a downloadable

*MenoNote* on behavioral and lifestyle modifications to reduce hot flushes, and information pages on the pros and cons of hormone versus nonhormone therapy options, a discussion of pill versus patch therapy, and information on treatment options for vaginal dryness and pain with sexual activities, with links to tables with information about different medications. These pages can be printed out or directly accessed from a phone or tablet.

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MENOPAUSE

# mySystems

An app for women experiencing symptoms of perimenopause and menopause who want to track their symptoms and join the mySystems community

Type / Price:



Mobile Application –  
**FREE** to download;  
offers in app purchases

Reviews:

★★★★★ 3.6/ 5

*“Easy to use to track symptoms and print a report to share with my doctor. Makes having an awkward conversation a little easier.”*

What is it?

The *mySystems* perimenopause tracking app allows the user to track their symptoms of perimenopause and menopause, learn how to better manage symptoms, get more out of visits to the doctor and find support in community discussion groups.

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MENOPAUSE

# Guidance on menopause and the workplace

Free guidance for women and managers/employers on menopause and the workplace

## What is it?

Free guidance from the Faculty of Occupational Medicine for women and managers/employers on menopause and the workplace.

Type / Price:



Website –  
**FREE** to use

Created by:

The Faculty of Occupational Medicine

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# CARING RESPONSIBILITIES

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CARING RESPONSIBILITIES

# Jointly

An app that has been created for carers by carers, to link carers together

Type / Price:



Mobile Application – FREE to download; one off payment of £2.00 to set up a network

What is it?

Jointly is an app that provides the user with a resource to communicate with other carers, support others and be supported, keep organised with their tasks list and calendar, and keep track of the current medication for the person they are caring for.

Created by:

Carers UK

Reviews:

★ ★ ★ ★ ★ 2.2 / 5

→ GO TO RESOURCE

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CARING RESPONSIBILITIES



# Carers UK Forum

An online forum where you can ask questions and access support and advice

Type / Price:



Online forum,  
**FREE**

## What is it?

A website that provides an online forum to access support and advice on caring for different conditions, tips and practical advice, fun and games and current campaigns.

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CARING RESPONSIBILITIES



# Cityparents

**Cityparents' programme offers expertise and support to help you balance work with family life**

**Type / Price:**



Mobile Application – Cityparents have offered their online programme of support and resources to NHS employees **FREE** until the end of 2020.

**What is it?**

The programme consists of a curated collection of positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcasts.

**Created by:**

Cityparents

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# FINANCIAL SUPPORT

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FINANCE

# Cavell Nurses' Trust

**Cavell Nurses' Trust is a charity that provides practical and financial support for UK nurses, midwives and healthcare assistants**

Type / Price:



Free verbal advice and support via telephone, grant applications for financial support available online.

## What is it?

*Cavell Nurses' Trust* offers practical advice and financial support through grants to UK nurses, midwives and healthcare assistants who are suffering financial hardship, often due to illness, disability, older age or domestic abuse.

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FINANCE

# Money Health Check

The Money Advice Service – free online financial health checker tool

Type / Price:



Online Tool –  
**FREE**

## What is it?

*Free Money Health Check* - to find out areas to focus on and practical way to improve a financial situation. Produces bespoke advice plans with simple tasks.

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FINANCE

# LampLight Support Service

The LampLight Support Service offers a telephone support service to nurses who are dealing with financial hardship

Type / Price:



Telephone service;  
Free advice.

## What is it?

The *LampLight Support Service* work in partnership with the Royal College of Nursing (RCN) to provide a telephone service to support and provide advice to healthcare assistants, nurses and midwives who are adapting to change or dealing with pressures adversely affecting their financial situation.

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## FINANCE

# Money to the Masses

A podcast with useful information on how to save, make or spend money wisely

### Type / Price:



Podcast –  
**FREE** to access

### Reviews:

★★★★★ 5 / 5

*"Compulsive listening."*

### What is it?

A free podcast, hosted by Damien Fahy, that provides advice on where to and how to spend money, and what to do in the event of companies going bust.

→ GO TO RESOURCE

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FINANCIAL SUPPORT

# NHS People Financial Wellbeing Guide

This guide for employers gives an insight into the context, challenges and resources supporting financial wellbeing

Type / Price:



Website –  
FREE to use

Created by:

NHS People

## What is it?

Evidence based content that covers research, resilience, diversity, resources and financial wellbeing during Covid-19.

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## FINANCIAL SUPPORT

# Stop Loan Sharks

Providing specialist support, help and advice for victims of loan sharks during this difficult time

### What is it?

The *Stop Loan Sharks* team have developed a range of free education resources.



### Type / Price:



Website –  
**FREE** to use

### Created by:

The England Illegal Money Lending Team

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# HYDRATION

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HYDRATION

# Hydration Genius

A free app that allows you to log your water content to calculate the amount of water you need to stay hydrated

Type / Price:



Mobile Application –  
FREE to download / use

Reviews:

★★★★★ 3.5 / 5

*"I love this app. I never get enough water during the day but this app makes me try harder. It is easy to use and is very well organised."*

What is it?

Hydration Genius is an app that encourages the user to record water intake and – using a simple algorithm – it calculates the exact amount of water needed to stay hydrated throughout the day.

The app provides information on hydration levels and sends daily reminders to encourage the user to drink more water.

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HYDRATION

# Waterlogged – Drink More Water

A free app to help you stay healthy and hydrated

Type / Price:



Mobile Application –  
**FREE** to download / use;  
offers in-app purchases

Reviews:

★★★★★ 4.2 / 5

*"I use this to track my water intake and it's very useful as I suffer with bad acne and measuring my water intake motivates me to drink more water."*

What is it?

*Waterlogged* is an app that provides personalised charts and reminders to help you stay on top of hydration.

You can sync the app with your fitbit/apple health, and unlock reminders to help you stay hydrated.

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BEREAVEMENT

# Good Grief: Chat and Messaging

An app that provides you with a social network to chat, connect and grieve with others

Type / Price:



Mobile Application –  
FREE to download

Reviews:

★★★★★ 4.4 / 5

*“This app is a really good step forward in the grieving process I look forward to using it for a long time and helping other people through healing and repair.”*

What is it?

*Good Grief* - The Social Network for Loss app allows the user to connect with others by putting them in touch with individuals who are grieving over a loved one, creating a community where they can share their thoughts over messages.

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**BEREAVEMENT**

# Grief Support Network

A free social networking app that allows you to connect and support people who are grieving or have grieved

**Type / Price:**



Mobile Application –  
FREE to download

**Reviews:**

★★★★★ 4.4 / 5

*“This app has hands down best collection of “real” grief support resources.”*

**What is it?**

*Grief Support Network* is an app that aims to create a global community of ‘Grief Angels’ by connecting people who are grieving. The user can enable a proximity feature to communicate with those grieving close by, connect with others through a grief wall or grief messenger, seek advice on ‘grief attacks’ and grief health.

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**BEREAVEMENT**

# Bereavement and trauma support line for our Filipino colleagues

**A confidential and free service, seven days a week between 8am and 8pm**

## What is it?

There is a team of fully qualified and trained professionals, all of whom are Tagalog speakers, ready to help you at our *NHS Bereavement & Trauma Line for Filipino Staff*. This assistance is available from anywhere in the country and is provided by Hospice UK.

**Type / Price:**



Helpline –  
**FREE** to use

**Created by:**

NHS

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# HELPING NURSES PROVIDE PATIENT SUPPORT

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Public Health  
England

HEALTH PROMOTION OF PATIENT GROUPS

# All Our Health

A framework for healthcare professionals (including nurses) to prevent illness, protect health and promote patient well-being

Type / Price:

Framework via multiple PDF documents

Created by:

Public Health England (2018)

What is it?

*All Our Health* is a resource that aims to help healthcare professionals maximise the impact they can have on improving health outcomes for the patients they care for.

All Our Health is the overarching framework, that provides evidence and guidance on a number of different health topics including:

- MAKING EVERY CONTACT COUNT
- WORKPLACE HEALTH: APPLYING ALL OUR HEALTH
- ADULT OBESITY: APPLYING ALL OUR HEALTH
- PHYSICAL ACTIVITY: APPLYING ALL OUR HEALTH
- SMOKING AND TOBACCO: APPLYING ALL OUR HEALTH
- ALCOHOL: APPLYING ALL OUR HEALTH

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# The Everyday Interactions

A resource that allows health professionals to record and measure the impact they have on the patients they care for

**Type / Price:**

A Report and Toolkit – FREE to download / use

**Created by:**

Royal Society of Public Health (2017)

**What is it?**

*The Measuring Impact Toolkit* was created by the Royal Society for Public Health to be used as a guide and encourage healthcare professionals, including nurses, midwives and allied healthcare professionals to record their brief interventions with patients surrounding a number of lifestyle risk factors, and measure how they have impacted the health of the public by doing so.

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COMPASSIONATE CARE

# Leading Change, Adding Value

A framework for nursing, midwifery and care staff that aligns with the Five Year Forward View with a focus on Compassion in Practice

Type / Price:



A framework and e-learning tool

Created by:

NHS England (2016)

## What is it?

A framework for nursing, midwifery and care staff to provide them with information about tackling three workplace domains: health and well-being; care and quality; funding and efficiency to lessen the gap between different healthcare services and health inequalities of their patients.

In addition to the framework, to support the use of LCAV, an e-learning tool has been developed to build capacity of nurses and address health inequalities.

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## ACKNOWLEDGEMENTS

# Caring for yourself while you care for others:

## A toolkit for nursing ambassadors to look after their own health

Co-produced with nursing ambassadors, Midlands Nursing Professional Standards team and C3 Collaborating for Health. Designed by the South West Academic Health Science Network, one of 15 Academic Health Science Networks (AHSNs) across England.



The **AHSN** Network

