

*Wellbeing Forum: Supporting  
Wellbeing Champions presents...*

**LIVING WITH  
UNCERTAINTY:  
SUSTAINABILITY  
FOR THE LONG HAUL**



**Chaplaincy  
Plus  
Wellbeing  
Forum 15<sup>th</sup>  
July 2020**

# Welcome and Introductions

- ▶ **Steve Bavington, Chaplaincy Plus**
- ▶ **Sarah Thorpe, Chaplaincy Plus**
- ▶ **Carol Wilson, Head of Spiritual Care,  
Birmingham & Solihull Mental Health NHS  
Foundation Trust**
- ▶ **Sue Noyes, Coach and Mentor, Non Exec  
Director, Birmingham Women's and Children's  
NHS Foundation Trust, and Chair of Coventry  
College**

# Purpose of The Wellbeing Forum

- ▶ **Safe space to share the issues that are arising for you, as a wellbeing champion**
- ▶ **A place for you to draw strength for your role**
- ▶ **A place for bitesize learning and development**
- ▶ **Opportunity to think about what could help you in your role in the future and help shape our future sessions ( *currently being planned for September and November* )**

# Our contracting commitment

Look after yourself – please be mindful of your own well-being as we discuss that of others

This is about enhancing support ,not diagnosing or counselling people with anxiety disorders

If you, or someone you are supporting, are experiencing distress please do seek professional help via a GP or occupational health

During our session, all is confidential, and we are respectful to one another .

In these sessions, we use the Zoom conventions of muting, and hand raising where its necessary ( but not to stifle our conversations !)

Important – before we start any session...

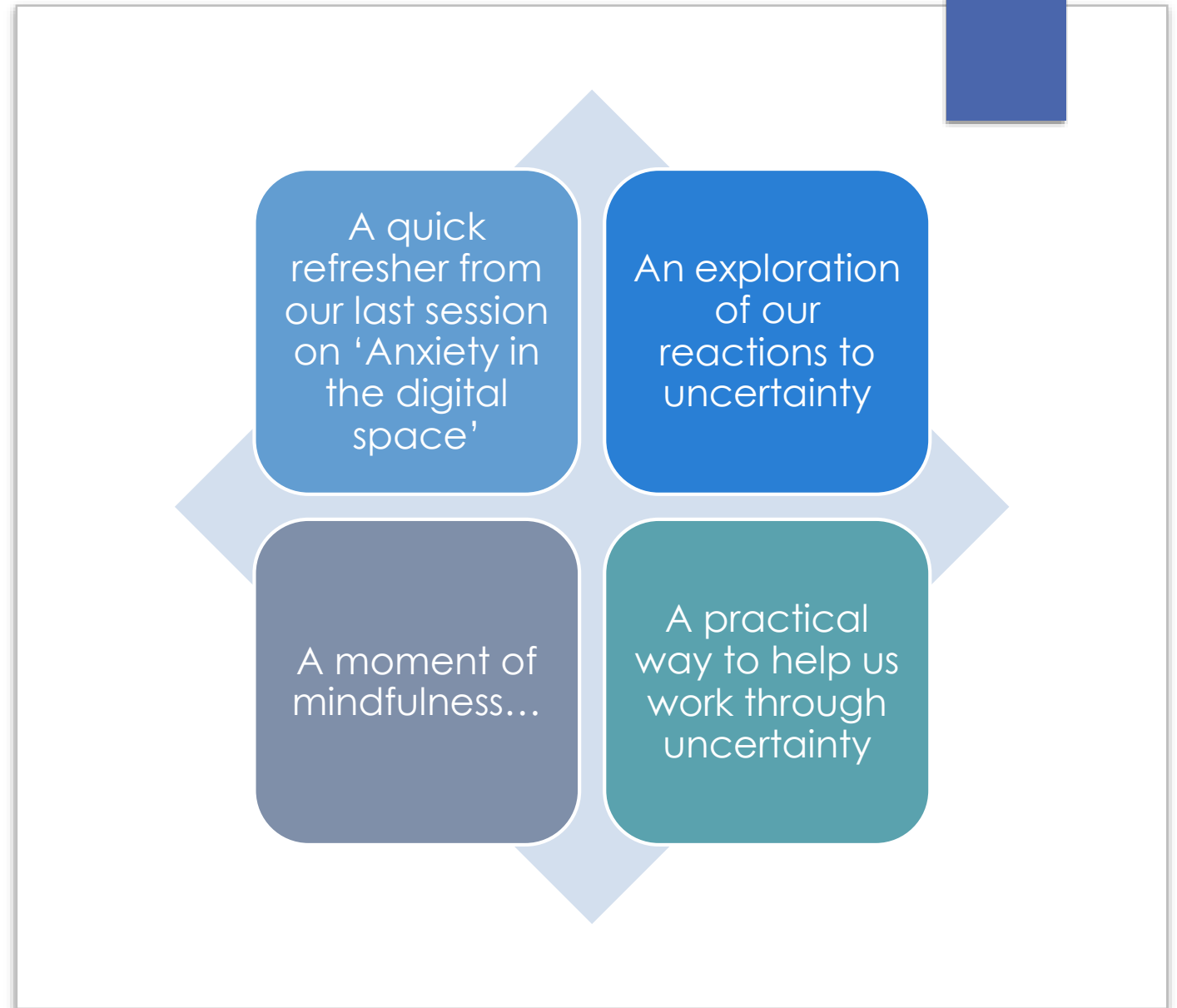
Always check in with yourself first

***‘ How are you, what is going on for you right here, right now? ‘***

Take a moment to centre yourself and breathe , this is a time for reflection in your busy day.

# Living with Uncertainty

# Aims of today's Wellbeing Forum



A quick refresher on our last session on 'Anxiety in the digital space'



Impact of working in isolation on levels of anxiety



Listening out for signs of anxiety in colleagues ( Carol's story)



Different types of push and pull conversations as a way of supporting colleagues




## Plenary Group

- ▶ **Let's think about uncertainty.**
- ▶ **Question – ‘What are some of the uncertainties we or our colleagues may be facing ?’**

# Plenary Group

▶ **Question –**  
**‘And what are some of the feelings that uncertainty could be causing ?’**



Lets hear from Carol again  
before we go into breakout  
**groups...** *( you may find it helpful to take a few  
notes of what you hear and observe )*

# Breakout Group

**Question - What did you hear and observe about what Carol was saying then ?**

# Breakout Group

- ▶ Lets think about the elements of uncertain situations that we can control, to help us cope with uncertainty.
- ▶ We will need a volunteer
- ▶ Lets ask some different questions and see where that gets us

# Breakout Group

- ▶ **Question – what did you hear and observe this time about the conversation ?**

Plenary  
Group

**Question – what are our  
reflections from the breakout  
group work ?**

# Plenary Group - Summary on coping with uncertainty

- ▶ **A way to live with uncertainty is to control what you can and accept what you can't ( CBT based approach – The Beck Institute )**
- ▶ **When faced with uncertainty, think about what steps you can take to control the level of uncertainty.**
- ▶ **Work through a series of helpful questions , either alone or with a good friend, to get some greater clarity and a set of possible actions to take**
- ▶ **'Men are disturbed not by things, but by the view which they take of them' Epictetus ( 50-135 AD)**



# Plenary Group- Some helpful questions to work through when dealing with uncertainty (1)

Getting clarity on what you want the outcome to be

What do you want the outcome to be ?  
When do you want to be in this position ?  
How challenging is this ?  
Who is in control of this outcome ?  
How will achieving this make you feel ?

Reviewing what has been done so far

What is happening now concerning this ?  
What have you done so far towards achieving the outcome ?  
What obstacles are you facing ?  
Who could help with this ?  
What resources do you need for this?

# Plenary Group- Some helpful questions to work through when dealing with uncertainty(2)

Thinking about the options

What could you do to move one step closer to achieving the outcome ?  
What would your most trusted friend tell you to do ?  
What would you do if you couldn't fail ?  
If you could wave a magic wand what would you do ?

Committing to the next step

Which of the options will take you closest to where you want to be ?  
What is the most important action you can take?  
When and how will you do this?  
What do you need to make it happen?  
How do you feel now ?

And finally, lets take a  
moment for mindfulness ...

Thank you for  
being part of  
The Wellbeing  
Forum today

- ▶ C+ provides 1:1 listening
- ▶ C+ has resources on Wellbeing, Anxiety, Uncertainty and Bereavement
- ▶ You have an opportunity to shape the Forum in the future
- ▶ Please complete the Feedback form for us
  
- ▶ **Next MHFA Forum event will be on Wednesday 16<sup>th</sup> September 12.30-1.30pm, with a focus on Resilience – BOOKING ESSENTIAL**

Steve Bavington

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