

Diocese of Hexham and Newcastle

Bronze

(Needs analysis)

Sleep

Stress

Alcohol

Silver

Oral Health

Physical Health

Sexual and Reproductive
Health

Financial Wellbeing

Gold

(Needs analysis)

Happy Healthy Hear

Better Sleep

Musculoskeletal Health

Work - Life Balance

Men's Health



Going for Gold (Work – Life Balance)

Monday Comms – Time Blocking, Employee Assist Programme and policies which support work-life balance

Wednesday – Clergy/Staff BBQ

Thursday – “The Retreat” opening (book library)

Friday – Co-pilot for smarter working

All Week

- Happiness area, shared photo's, objects, art
- Tips for a better work life balance (with a prize)

Use of internal and external expertise

Internal

Mindfulness Tutor

Social worker

Fitness Trainer

HR Expertise

Hypnotherapist

Pensions advisor

Menopause Expert

Experts by experience!

MFAs and BHaW advocates

External

BHaW Site & MECC +

Pensions advisor

Menopause Expert

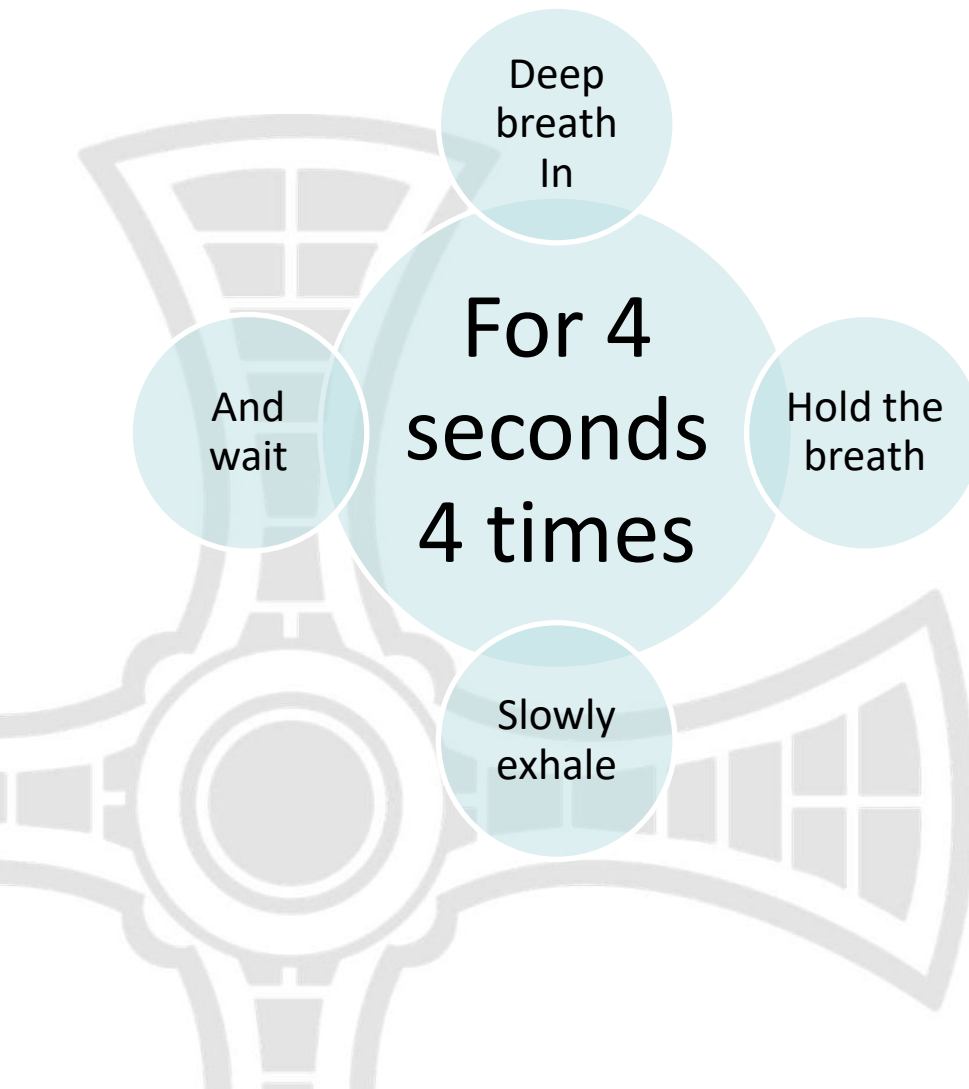
Yoga teacher

Menopause Expert
(Freddie Carrick)

Dentist

Healthworks

How to relax (Box Breathing)



Why!

Reduce panic or stress,
whilst overwhelmed

Can help you sleep

Can help control
hyperventilation

Can help refocus

Eases panic and worry

Peripheral Vision

1. Box breathing
2. Focus on a specific spot
3. Keep your eyes focussed there
4. Widening your focus





Q&As