

Wellbeing Resources & Toolkits for Staff

[Employers Toolkit | Good Thinking \(good-thinking.uk\)](#)

[Good Thinking Employers Communications Toolkit fa62adfa5a.docx \(live.com\)](#)

[Wellbeing Toolkit](#) - This toolkit aims to help leaders break down the wellbeing challenges facing themselves and their teams and quickly find high quality resources to inspire and assist them.

Videos

Getting through it - <https://youtu.be/c48M7qJUdpg>

Leading and responding to uncertainty -
<https://www.youtube.com/watch?v=VYTHmzXFCrQ>

To debrief or not to debrief? - <https://www.youtube.com/watch?v=tYskzKOUiMc>

How do we relax and recharge? - <https://www.youtube.com/watch?v=A7IDjGIE3y8>

National wellbeing resources on offer -
<https://www.youtube.com/watch?v=XplDh9XcOrQ&t=11s>

Bereavement – what has changed? -
<https://www.youtube.com/watch?v=HBb4xjBu4IE>

Wellbeing App to support staff

[ShinyMind](#) – co-created with the NHS

