

**THE BIG**

**S O O T H E**

**WEEK**



**Midlands Partnership**

NHS Foundation Trust

*A Keele University Teaching Trust*

**Your Digital Guide**

**Connect and Reflect**  
**#bigSOOTHEweek**



# THE BIG SOOTHE WEEK



Communication Support is available on request for the Digital Guide.  
BSL Interpreters or if staff have other communication needs, please email  
[Interpreterservices@mpft.nhs](mailto:Interpreterservices@mpft.nhs).

# What does it mean to SOOTHE

SOOTHE was developed to help us think about ways in which to maintain and improve our wellbeing. Each letter represents a key area to focus on.

<b>S</b>	Self-help - Giving people options so they can decide what works for them
<b>O</b>	Open-up - Giving people the opportunity to have regular conversations about their well-being; what's supporting them and what might need some attention
<b>O</b>	Others - Being able to access other people to have these conversations with
<b>T</b>	Teamwork - Making these conversations part of what we do everyday in our teams
<b>H</b>	Help - Providing people with tools that they can use to support their wellbeing
<b>E</b>	Enjoy - giving people the chance to focus on what's good and enjoyable



Our health and wellbeing is incredibly important so we have taken the time to revamp the resources we have on offer. Our SOOTHE resources are now much easier to navigate and interact with as they have been moved to an interactive format. [SOOTHE Resource Pack](#)

[Access the SOOTHE Park for much more content:](#)





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The demands of pandemic have placed a considerable strain on all parts of the Trust. Everywhere we look, we see staff and teams that have stepped up and continued to go above and beyond to deliver services to our communities. We know that this has taken a big effort, physical, mentally, emotionally and socially. Whilst we still don't know the exact direction we are heading in, there is more hope around as lockdowns have eased and we approach a "new normal."

At the same time, it is important that we make sense of our various and sometimes difficult experiences from the pandemic. We should not just move on and carry on. This is the reason we are having our [Big SOOTHE Week](#). The week is all about staff being encouraged and supported to reflect on their experiences. We hope this will help staff to make sense of this experience, connect with others, and feel more able to face the challenges as we move forward.

The Big SOOTHE Week is aiming to provide staff with different things they can access whilst also encouraging teams and individuals to take time to reflect for themselves. Across the week there will be chances to:

- join events that will bring people together to discuss experiences
- engage in activities which can be more individual or personal
- attend live events
- download pre-recorded/prepared for staff to access in their own time
- join in both face-to-face and digitally
- Take part in something being facilitated and also arrange your own individual/team activities.

For the Big SOOTHE Week we have created [SOOTHE Park](#) for you to visit.

Within SOOTHE Park you will find four different zones — Connection Café, The Retreat, The Band Stand, and The Woodlands. You are free to visit these zones however suits you best and will find all the different events and activities within each zone. We want to support you to take time to participate in whatever way suits you best.

## How can I get involved?

The Big Soothe Week is all about helping staff to take time to reflect on their experiences throughout the pandemic. We have the [SOOTHE Park](#) which is filled with a range of different ways to help with this connection and reflection. Take a visit and see what grabs your attention.

However, we know that this isn't going to be the right way, or right time, for everyone to get involved. This is why we want to share some thoughts and guidance about how you get involved with this connection and reflection process, both during [Big SOOTHE Week](#) and beyond.

### Who?

- You might want to get involved by doing some of the activities by yourself, or even just taking some time for your own quiet reflection
- You might also want to get involved

### How long does this take?

- We know everyone is busy, which is why there are range of things which can be done relatively quickly. For example the 1 – 2 minute wellbeing videos to watch or the spiral journals which can be around 10 minutes
- We also have other suggestions which might take a bit more time – for example listening to a podcast, or maybe hosting your own connection café or Spaces for Listening
- Importantly, we know it might take a while for us all to make sense of what our pandemic experiences have been. We don't expect answers to be found during Big SOOTHE Week but hopefully this can start the process for you which you can keep revisiting beyond Big SOOTHE Week.

### Where can I and my team do things?

- You might want to consider how you can use technology to connect and reflect with others digitally
- For some activities you might want to meet with others face to face. Please remember to be meet others safely and within covid guidelines if you do

### My week is busy – how can I fit this in?

- As well as considering digital or face to face, quick or longer things, you might want to consider what you are already doing which you could add a Big SOOTHE flavour to. For example:
  - Can you do a 2 minute group reflection at the start of handovers?
  - Could you end a meeting 5 minutes early for everyone to have some reflection time?
  - Can your huddle be used as an activity space, with everyone making time to check the huddle board at some other time?
  - Can you get creative with another time or space could you fit something into?

# CONNECTION CAFE

Within the café there are a range of spaces and activities where you can meet up with others and connect both physically and virtually



## Have your own Connection Café

Enjoy a drink, a slice of cake and the company of others. Maybe ask each other questions like "What stands out you from the pandemic?" or "What have you learnt about yourself/other during the pandemic?" or "How do you think the pandemic changed you?"



## Spaces for Listening

Hold your own structured space where all listen to each other and share, for this you will need approximately 7 minutes per person in the group.

i.e. 5 people = 35 minutes [Click the link for a bold idea for 'Spaces for listening'](#)



## A SOOTHE image

Add images of SOOTHE moments to the MPFT photography board, or join the MPFT Photography Facebook site (search MPFTPhotographyFriday).

[Click the link to post an image](#)



## Take a Coffee Meditation

One of the great benefits of mindfulness is that it helps you reconnect with life's simple pleasures once again. Take three minutes to really enjoy your coffee (or beverage of your choice) in this guided meditation. [Click the link for a sip of meditation](#)



## Virtual Pet Café

Come along to our virtual cafe to share how you're pet in whatever shape or size, has supported you during the pandemic. Enter your pet and share your story.

[Click the link for some pet therapy](#)



## Join a Coaching Session

Coaching enables reflection, promotes understanding, share and reflect, informally with a coach on your experiences of the last 18 months.

[Click the link to book a 1-2-1 coaching session](#)



## Mindful Moment

Take a one minute breathing space, brought to you by Kim Estall from the Wellbeing & Recovery College.

[Click the link for a moment to breath](#)



# THE RETREAT

Sometimes it can be helpful to press pause.  
The Retreat can be done by yourself or alongside  
others whilst focusing on your own individual experiences.



## Take a Spiral Journey

Complete your own spiral journal – you need a pen, paper and about 10 minutes to think about 4 different prompts

[Click the link to create your journey](#)



## Mindful Moment

Take a kindness and meditation moment brought to you by Helen Horwell from the Wellbeing & Recovery College.

[Click the link for a moment to relax](#)



## Pre & Post Pandemic

Make sense of the pandemic by thinking about how you would answer these three simple questions...

[Click the link to Rolfe reflection model](#)



## Office base Yoga

No yoga mat or stretchy pants required for this 14 min Office Break Yoga! Carve out time for yourself to stretch it out, create space, connect with your breath, focus your mind and replenish your body. [Click the link for Yoga office break](#)



## Add Viva Insight to your MS Teams

Microsoft Viva Insights provides personalised recommendations to help you do your best work. ... It derives these insights by summarising your Microsoft 365 data – data that you already have access to – about emails, meetings, calls, and chats.

[Click the link to see how to install the APP](#)



## Meditate at your Desk

Before you get to the point where you feel like resting your head on your desk, recharge by adding some mindfulness to your work day with this simple guided practice to meditate right where you are. [Click the link for a mindful body scan](#)



## Breathing Meditation

Step out of auto-pilot and business, and into awareness and connection with the present moment. This meditation is particularly versatile - use it on a short break, before a meeting, or whenever you need a restorative break. [Click the link](#)



# THE BANDSTAND

The Band Stand is filled with various different speakers who will offer their views, knowledge and experiences for you.



## Watch a MPFT Executive Briefings

Watch our regular monthly exec briefing with a reflection and connection focus. [Click the link to watch a recording](#)



## Listen to a Podcast

Connect to MPFT podcast and listen to a range of podcasts for you to connect with from staff across the trust sharing their varied experiences during the pandemic [Click the link to open a MPFT Podcast](#)



## Using Psychological theory

Two psychologists discuss how psychology and their personal experiences to can help us to consider the threats posed to us during the pandemic, why everyone started doing DIY, and the importance of our SOOTHE system. [Click the link to view the discussion](#)



## Host your own Bandstand event.

Is there your own bandstand event you and your team could host? Is there a topic or journey you could share for others to connect with and hear about? (Make it into a Podcast) [Click the link for Podcast guidance.](#)



## Leadership Webinar

Emily Elson (Professional Lead for Lived Experience Practice and Peer Support) discusses collaboration and co-production in leading teams and thinking about well being [Join the webinar on the 16 Sep 12:30](#)



## Music for Wellbeing

From Mozart to Marvin Gaye, and from Metallica to Mongolian voices, here you can listen to playlists to lead you from one state of mind and body to another in the way that you choose. [Click the link for some self-care](#)



## Acts of Kindness

Share your random acts of kindness, post them on the Padlet or add them to the Big SOOTHE week - @MPFT twitter feed. Remember to #mpftkindness for #bigsootheweek. [Click the link to add an act of kindness](#)





# THE WOODLAND

Within the woodland there are different ideas and activities and suggestions for you to engage with to help you connect with nature.



## Take a walk

*Stretch those legs and meet others – It's good to walk  
Take a stroll around the St Georges grounds circular walks  
[Click the link to view the leaflet](#)*



## Take a Sensory moment

*Stand outside and pay attention to your senses, what do you notice?  
How about listening to the ambient woodland sounds on this 2 hour  
landscape and wildlife recording. [Click the link for a Woodland Recording](#)*



## Organise your own team walk

*Get involved with work colleagues and arrange your own  
Woodland walks and country trails.  
[Click the link to see Staffordshire Walks](#)*



## Take an outdoor meditation

*Enjoy a 10 minute outdoor meditation, take a moment on a park bench  
to connect with the distraction of nature to find a way to reflect.  
[Click the link for a park bench meditation](#)*



## Spaces for your wellbeing

*Use your green fingers to grow your emotional and physical wellbeing.  
[Click the link to nourish your soul](#)*



## Join your local walk for Health Scheme

*Get involved with your local walking for Health scheme. These walks are short and over  
easy terrain. They are open to everyone, but are especially aimed at those who are least  
active [Click the link to find your local walk scheme.](#)*



## Gardening for wellbeing

*Presenter, writer and gardener Ellen Mary shares 3 top tips for gardening for your  
wellbeing. Follow her 3 easy steps to improve your mental and physical health:  
[Click the link to grow your wellbeing](#)*



# MY PLANNER

Use this space to organise  
your own wellbeing events.



Blank yellow rectangular area for planning a coffee-related event.



Blank yellow rectangular area for planning a sunset-related event.



Blank yellow rectangular area for planning a winter-themed event.



Blank yellow rectangular area for planning a forest-related event.



Blank yellow rectangular area for planning an island-themed event.



Blank yellow rectangular area for planning a herbs-related event.



Blank yellow rectangular area for planning a wood-themed event.

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