Giving staff a boost through monthly wellbeing emails

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The Idea: A monthly wellbeing email sent out to those in or associated with the Paediatric Haematology/Oncology team. Each wellbeing email consists of a general theme, an associated article or short video and a challenge for the week. Themes vary but will generally be on subjects that particularly resonate with me at the time, typically introduced with a personal spin and a touch of humour, but always with the aim of being as genuine and heartfelt as possible.

Some of the Themes:

- Giving yourself permission to be silly
- The link between smiling and happiness
- Taking a day trip
- The value of rest and recharge
- Avoiding burn out
- Knowing your limits

Some of the Challenges for the week:

- Take a little time out to relax and enjoy nature, maybe in the form of a little weekend excursion or simply a little lunch time stroll
- Set aside some time to properly relax and refresh: maybe book some annual leave, arrange to do a hobby that particularly clears your head or even just allow yourself an early night
- Allow yourself to do something silly or maybe just something you haven't done for a long time, just because it's fun!
- Eat some cake!

Some of the feedback:

- That's Lovely!
- Made me Smile
- Thank you for your care of all of us
- Love the Lobster outfit!
- Your email and watching the video really helped me today
- Wonderful
- What a great video!

Conclusion: Everyone is different and certain topics will resonate a lot more than others with different people. Even if it's just one person that it particularly touches, if I can brighten up just one person's day, inspire them or give them hope, it's completely worth it.