

# *Managing mental health – in a mad world*



Slides owned by Tom Oxley, Bamboo  
Mental Health

# This seems a long time ago...



50% of people living in Britain felt COVID-19 negatively affected their wellbeing, with most citing worries about the future, feeling anxious or bored.

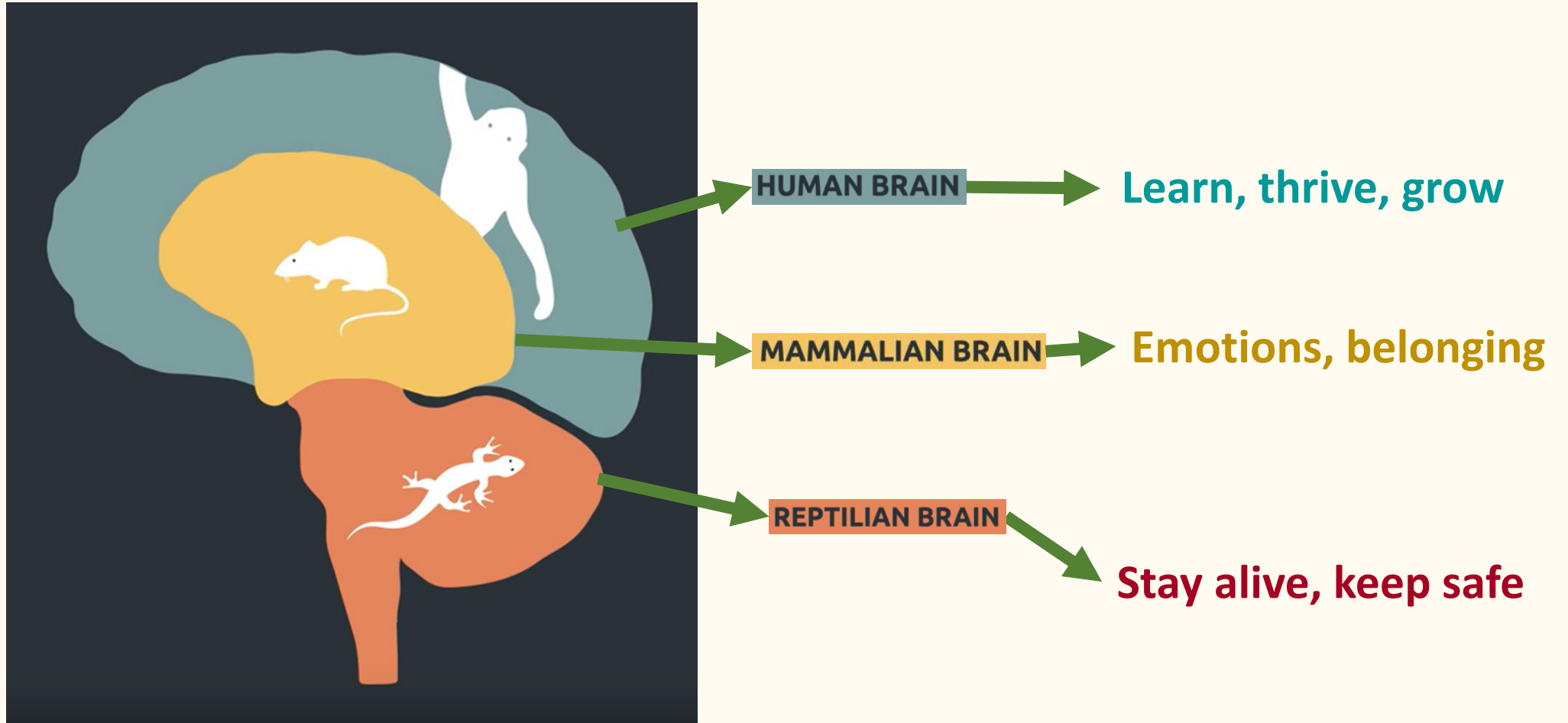
ONS April 30th

**How are you feeling this week?**

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# Using your head

(Triune Brain)



# The reign of uncertainty

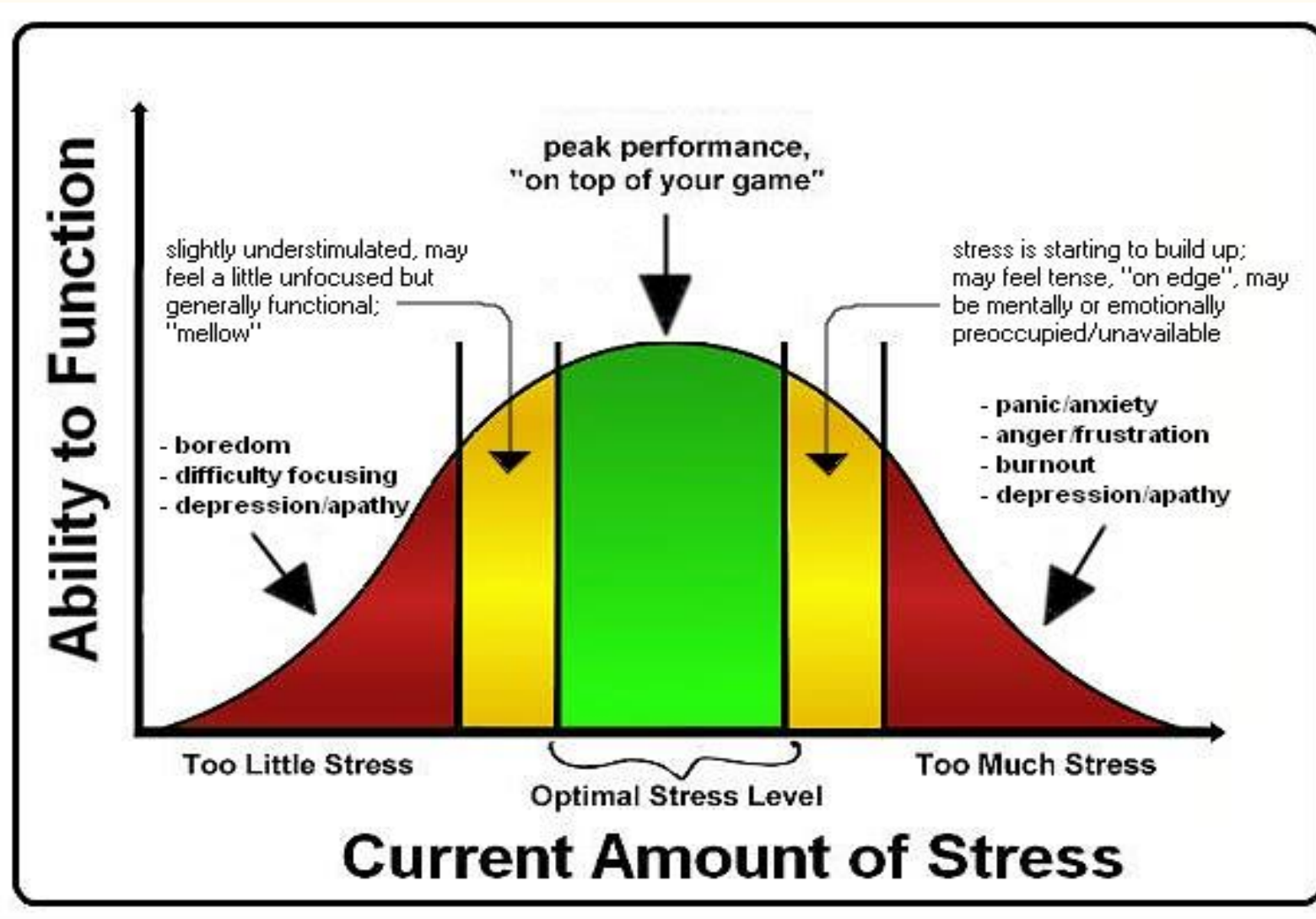
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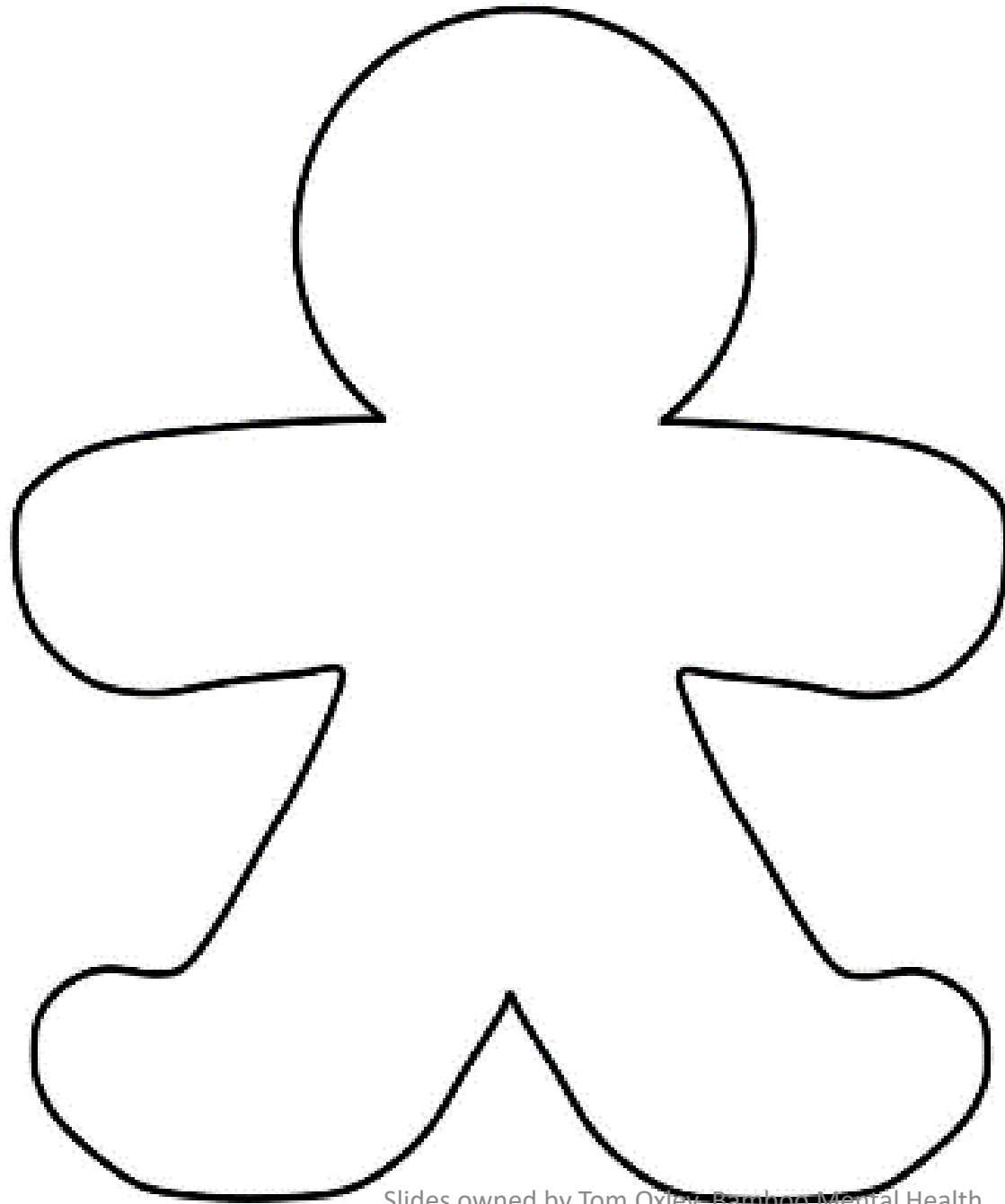
What's the  
best thing that  
happened to  
you this week?

# Stress: a mixed experience



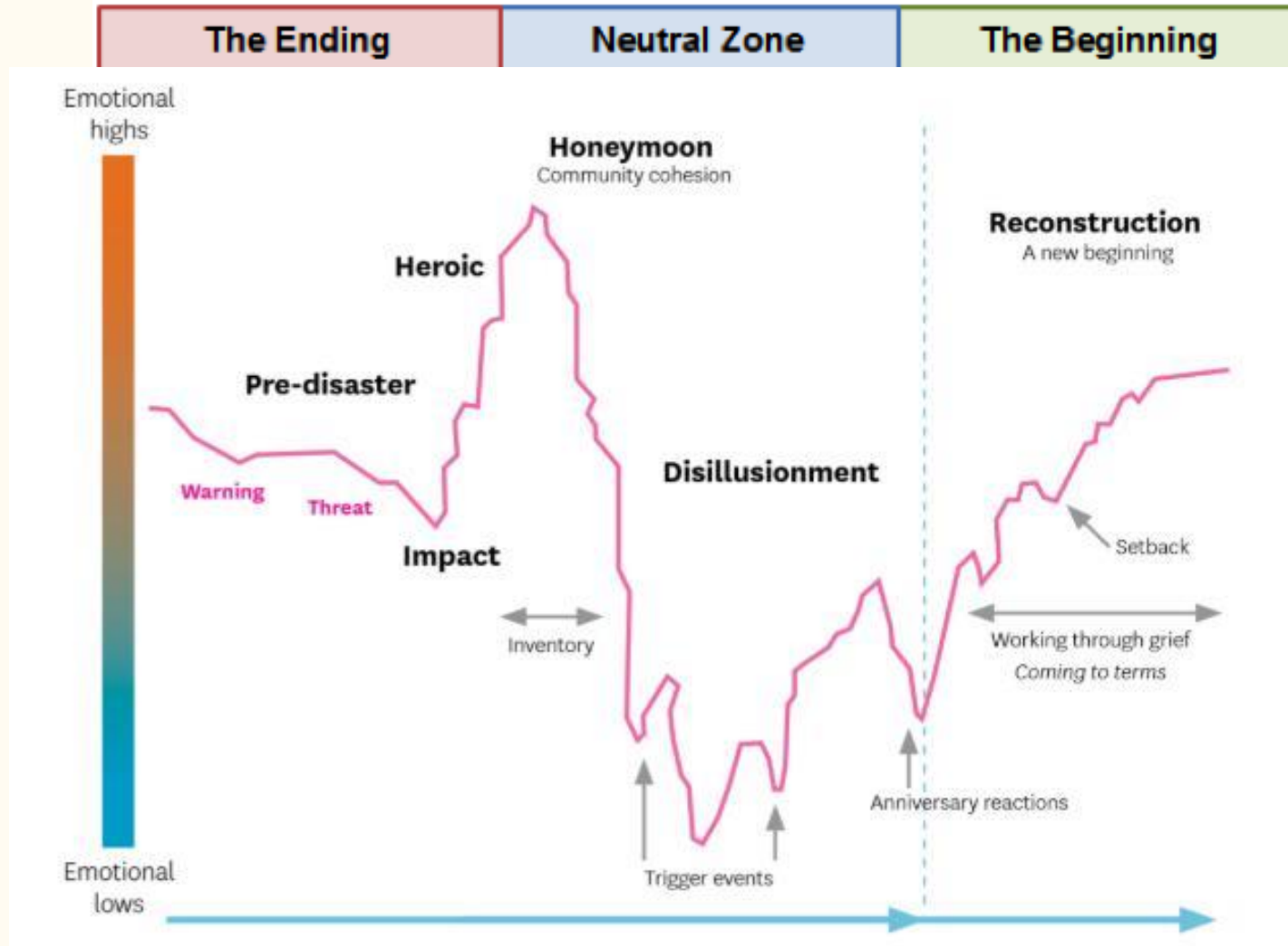
Stress variables: demands, control, support, relationships, role, change  
Not a sign of weakness: an appropriate and helpful response

What are the signs of poor mental health?



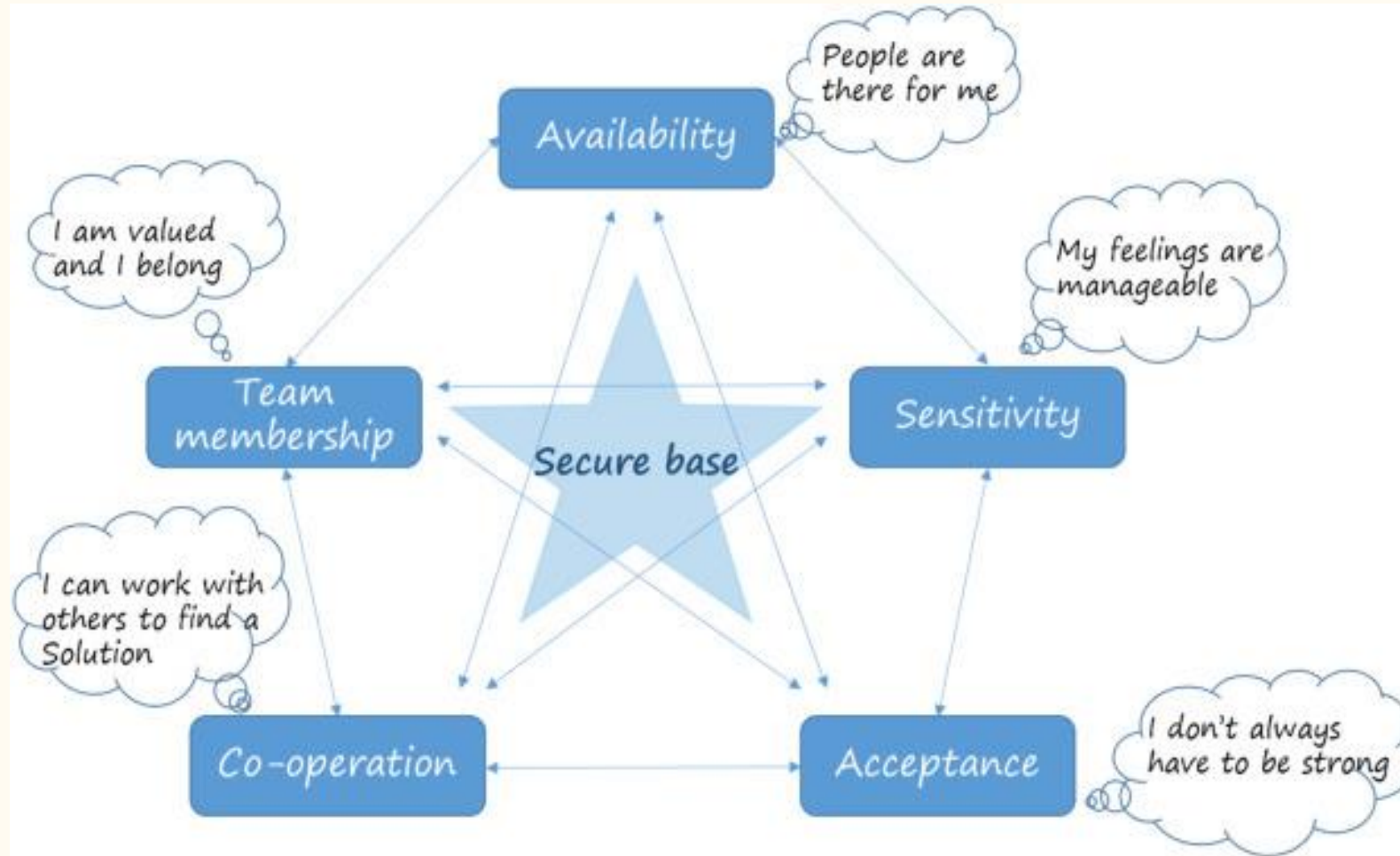
Please use  
"annotate"  
to draw on  
the screen

# The change curve & Coronacoaster effect



- Grief and endings can be stressful
- New beginnings hold promise
- We need to balance mourning and moving on

# We need to feel secure to do our best



- ✓ PTSD – long term effects greatly reduced if the experience is shared, we can talk & and we are *believed*
- ✓ *Listening is best – how confident are you to start a safe conversation?*

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[Team as Secure Base, L Biggart](#)

<https://www.sciencedirect.com/science/article/pii/S0190740917304942>



# Listening is the best medicine



*Let's have  
a cuppa*

*We'll help  
you  
through  
this*

*I'm glad  
you said  
something*

*I'm not an  
expert but  
I'm on your  
side*

*I'm  
listening*

*Let's see  
what we  
can do to  
help*

# Self care & *rest*



What did you love about lockdown – what can you keep in your working day?

Kaizen – little steps

# 5 ways to wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



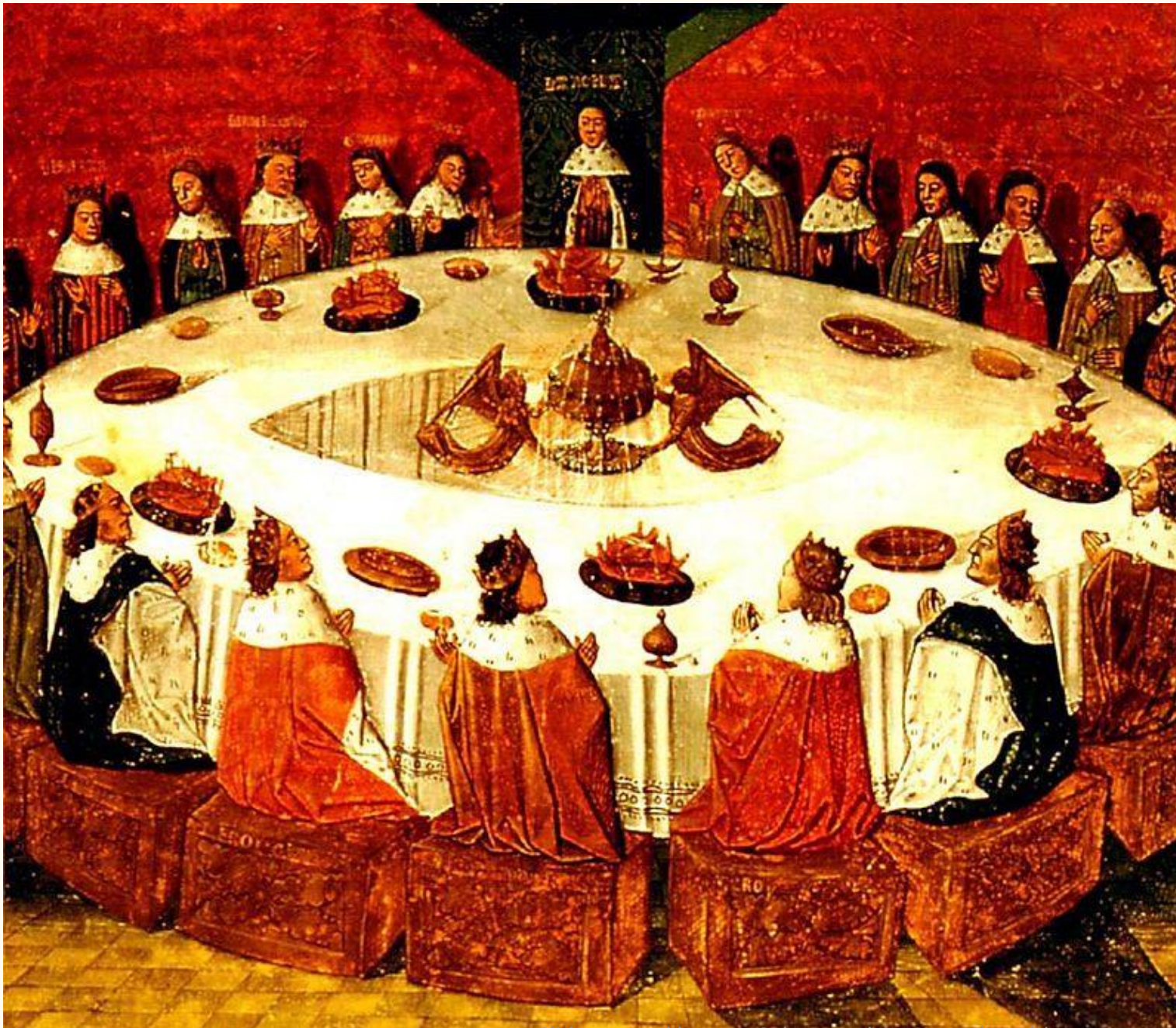
REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



Please draw a circle.

Draw five seats around that table.

Who would you turn to if...?

# Sorting the to-do list

	Urgent	Not urgent
Important	<b>DO</b> Important and urgent	<b>SCHEDULE</b> Important but not urgent
Not important	<b>DELEGATE</b> Not important but urgent	<b>ELIMINATE</b> Not important and not urgent

How do you plan your time?

Where are YOU on this list?

# Resilience strategies

1. Suffering is part of all lives – acknowledge when it's too much
2. Separate what we can and can't control
3. Positive psychology works (alongside traditional support)
4. Don't go solo. Invite support when you are ready.
5. Is what you're doing helping or harming you?



[https://www.ted.com/talks/lucy\\_hone\\_3\\_secrets\\_of\\_resilient\\_people](https://www.ted.com/talks/lucy_hone_3_secrets_of_resilient_people)

If all else fails...

<https://www.youtube.com/watch?v=m9wdYy3tCm4>

Keep hope, feel purpose, use work as part of your recovery. Give space for feelings. Your experiences are valid and you matter too!

Tom Oxley, Bamboo Mental Health