The Future of Wellbeing in The NHS

Looking after the people who look after the people

@helloneyber
@tom__beaumont
ELEMENTS OF OVERALL WELLBEING

- Physical Wellbeing
- Financial Wellbeing
- Mental Health
EXTERNAL PERCEPTION VS INNER FEELINGS

Meet Rosie!
EXTERNAL PERCEPTION VS INNER FEELINGS

Externally - Putting on a brave face

Money worries
Losing sleep / physical health
Stress and anxiety
Relationship issues
Impact on behaviour
Self doubt / confidence
MONEY WORRIES IMPACT US AND THOSE AROUND US

On the individual:
• Stress and anxiety
• Depression
• Losing sleep
• Physical health
• Eating habits
• Alcohol, nicotine & substances
• Gambling
• Self worth
• Confidence
• Ability to cope day to day

On the organisation:
• Absence
• Presenteeism
• Job performance
• Lack of concentration
• Health and safety
• Taking unnecessary risks
• Patient care and welfare
• Physical health of employee
• Mental health of employee
• Profitability

On the community:
• Anti social behaviour
• Crime
• Alcohol and substances
• Housing
• Community care
• Child welfare
• Education
• Local business
• Social activities
• Unemployment
GROUP EXERCISE

We are in 2025 and the NHS is the exemplar in staff wellbeing and your Trust has just been awarded the prestigious ‘Queens award for commitment to wellbeing’

In your groups, let’s imagine perfect wellbeing in the workplace

• What does it look, feel and sound like? What is the culture?
• How did you get there?
• What were the challenges and how did you overcome them
• What has been the impact?