

## Team Wellbeing Huddle Guide

✓ **Introduction**

**What is the huddle? Ground rules**

- It is not therapy
- It is not monitored or performance related
- There is no rank
- There are no right or wrong conversations
- We give our full attention, no interruptions
- We are civil & respectful
- We may need further opportunities to discuss things

✓ **Need to know**

**What happened today?**

- Would anyone like to share thoughts from today's shift?
- How are we all feeling?
- Is there anything that anyone would like to catch up on?
- Does anyone have any unanswered questions?

✓ **Need to do**

**What do we need right now?**

- What information can we get to help us with this?
- What are we going to do after this huddle?

✓ **Plan**

**Let's just be clear what we are all going to do now/next?**

- Has everyone who wants to, shared their plan?
- Is everyone clear about what they want to do next?

✓ **Understand Impact**

**The way we feel is absolutely normal for these circumstances**

- What did go well today?
- How did we support each other?
- Can we learn anything from today?

✓ **Thank you**

- Has everyone spoken who wishes to?
- Is everyone comfortable for the huddle to finish?
- If you have any other worries personally or about a colleague please check the reverse of this sheet for additional help, support and resources
- Thank you for your contribution today and to our team wellbeing huddle

Source: Post Death Peer Led Debriefing Toolkit: Guidelines for Implementing Sharing Circles for Frontline Staff, Quality Palliative Care in Long Term Care.

## Additional Resources

**Samaritans:** 116 123

**Mind:** 0300 123 3393

**Anxiety UK:** 0344 477 5774

**Sane:** 0300 304 7000

Health and Wellbeing resources:

- **Headspace:** [www.headspace.com/work/mindful-approach-to-covid-19](http://www.headspace.com/work/mindful-approach-to-covid-19)
- **NHS UK:** [www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health) (some charges apply)
- **Mindful:** [www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak](http://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak)
- **Unmind:** [www.home.unmind.com](http://www.home.unmind.com)  
(Read more about Unmind here: [www.standard.co.uk/tech/unmind-nhs-free-access-covid-19-a4391551](http://www.standard.co.uk/tech/unmind-nhs-free-access-covid-19-a4391551))
- **Meditation Apps:** [www.elle.com/uk/life-and-culture/culture/a31792624/best-meditation-apps/](http://www.elle.com/uk/life-and-culture/culture/a31792624/best-meditation-apps/)

Please use the space below to add details of your internal Occupational Health, Staff Wellbeing and counselling services.

