



Monthly **Newsletter**

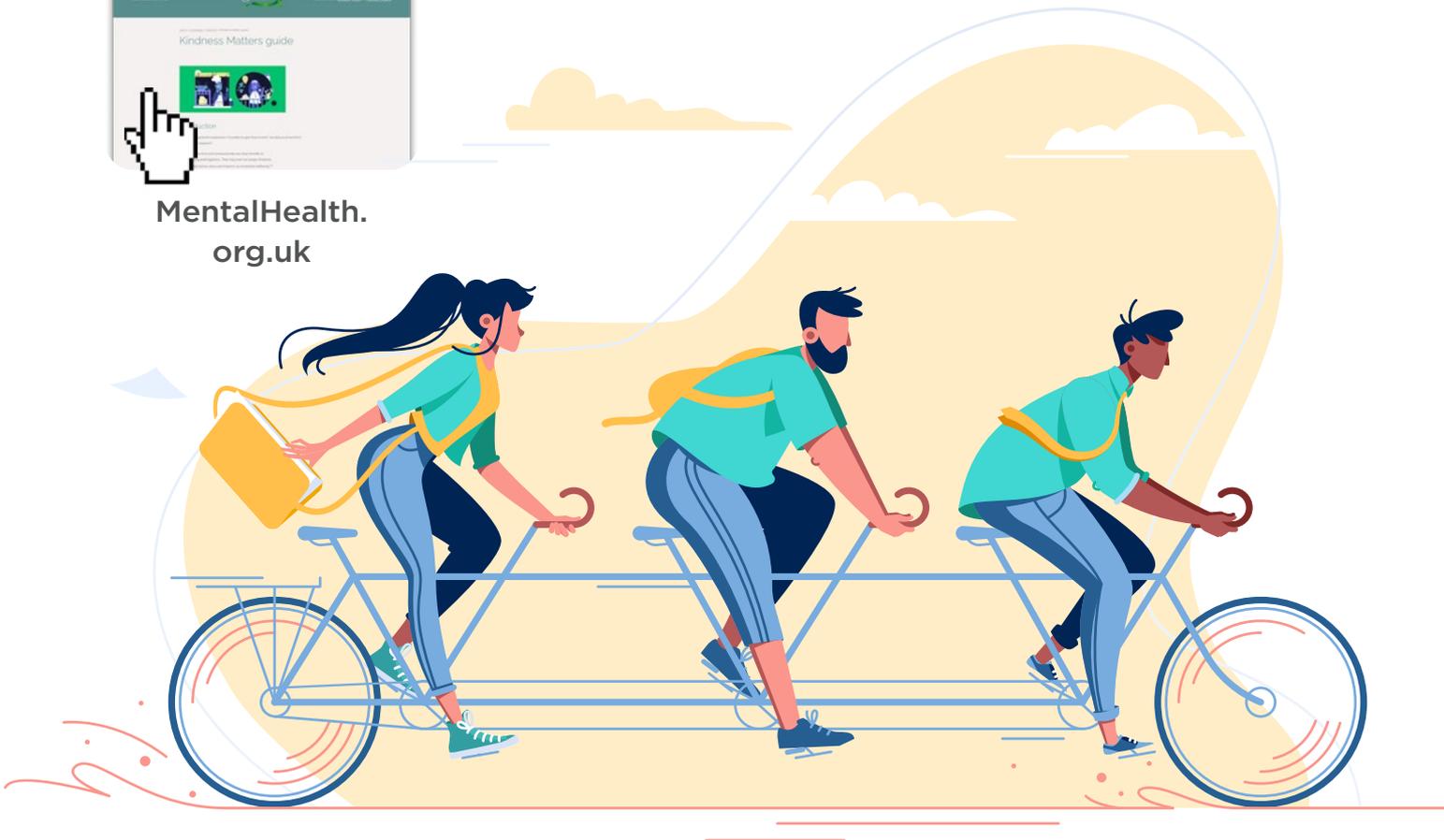
September 2021

Welcome to our **SAFE September** newsletter, focusing on the 'Give' aspect of the five ways to wellbeing.

Many of us may feel that we are doing nothing but give at the moment – giving to work, giving to clients, giving to loved ones. Everyone is feeling the strain. But giving can help you feel better. The more people report an interest in helping others, the more likely they are to rate themselves as happy. Research has shown that committing just one act of kindness a week for 6 weeks is associated with an increase in wellbeing. Find out more at:



**MentalHealth.
org.uk**



The Employee Engagement Survey identified that many of you would like more focus on charity fundraising and volunteering. The Giving Back steering group has been set up to help decide how we can do that. If you want to get involved then please register your interesting by emailing vp.charity@vetpartners.co.uk and include your practice/business name, job role and a few sentences as to why you would like to be involved.

The 10th September is **World Suicide Prevention Day**. The World Health Organisation (WHO) recognises suicide as a public health priority: one in every 100 deaths worldwide is the result of suicide, and every suicide is devastating and has a profound impact on those around them. The WHO also believe that suicides are preventable, and World Suicide Prevention Day is an opportunity to promote action through proven means that will reduce the number of suicides. These means include raising awareness, reducing the stigma around suicide and encouraging well-informed action. This year World Suicide Prevention Day is **Creating Hope Through Action**, a reminder that there is an alternative to suicide.

Reach in

Small talk can save lives. We can all reach in and ask someone how they are, and simply taking the time to listen to someone about their experiences or thoughts can help.

Encourage understanding

Stigma is a barrier to people seeking help. Changing the narrative around suicide through the promotion of hope can make those in need feel more comfortable seeking help.

Share experiences

The stories of people with a lived experience of suicide can help others understand suicide better, and encourage people to support others or seek support for themselves.

Find out more at:



IASP.info

WORLD SUICIDE PREVENTION DAY

on september 10th

light a candle near a window at 8pm

to show your support for suicide prevention

to remember a lost loved one

and for the survivors of suicide

www.iasp.info/wspd 





We know that suicide rates are high in the veterinary professions. **Please look out for yourselves and each other.** Ask yourself, “Do you feel safe in yourself today?” Ensure safeguarding protocols for controlled drugs are followed correctly and encourage people to speak out if they feel something is amiss, to keep everyone safe. Remember that VetLife and Samaritans charities are always there, anytime for anyone.



VetLife.org.uk

0303 040 2551



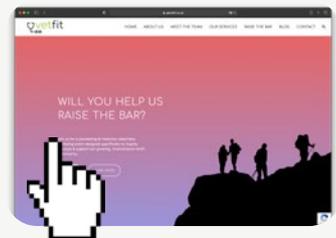
Samaritans.org

116 123

You've Got This!

VetFit is a research-based and instructor-led consultancy and service provider for the veterinary community. They deliver wellbeing programmes and educational resources, bespoke and tailored to meet individual, practice and team needs. They support teams with stress reduction through exercise and social support, leading to happier teams, increased staff retention and boosting recruitment prospects. Designed, tested and run by veterinary professionals for the veterinary sector.

Find out more at:



GetVetFit
.co.uk

Take Notice

Savour the moment

- Stop looking at your phone
- Change your commute
- Observe others' feelings and actions
- Get a plant in your life

Be Active

...a bit each day

- Get outside at break times
- Cycle to work, take advantage of the bike to work scheme
- Go to a class at your local gym if they are open, or sign up to free online classes if not

Connect

Build 'real' relationships

- Listen, when you ask people "how are you?"
- Phone or video call people, as well as sending email or texts
- Meet up if you can whilst staying safe and observing government guidelines
- Join a club
- Learn something new from a colleague

Keep Learning

Set some goals

- Join an evening class
- Set up a virtual book club
- Research a different country
- Follow the news, but remember to limit this to help your mental health

Give

Your time and energy

- Perform one act of kindness a week
- Volunteer in the community (online if necessary)
- Provide help for a charity
- Say thank you

Giving can involve material things, like money and gifts, or it can be immaterial things like our time, skills, knowledge, enthusiasm, passion, and kindness. There are numerous benefits to our mental health and wellbeing from giving. It promotes feelings of trust and co-operation, which in turn strengthens relationships and our feelings of connection. As previously mentioned in "connect" humans are social creatures, and connections with others are important. Giving can also help us gain a healthier perspective about the world around us. By showing those around us that we care, we increase our own positivity as well as that of those around us.