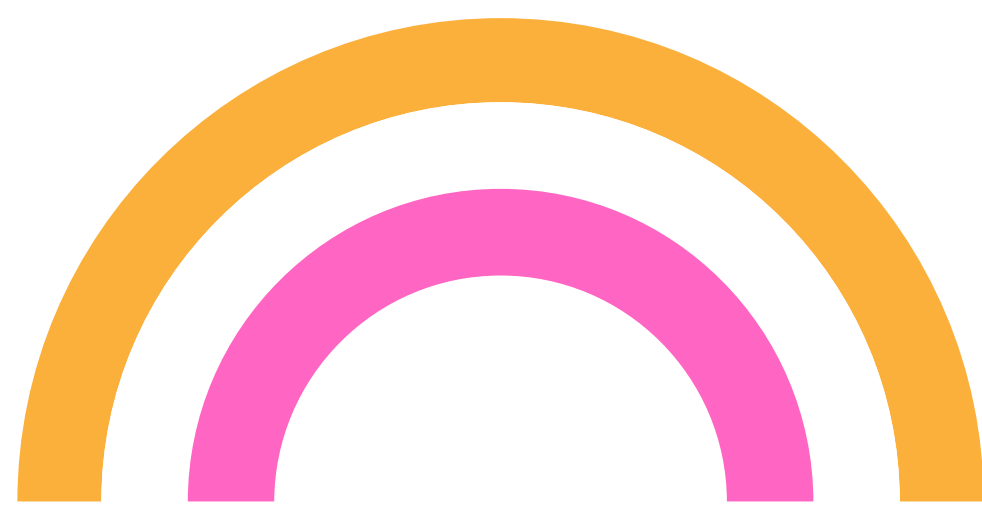
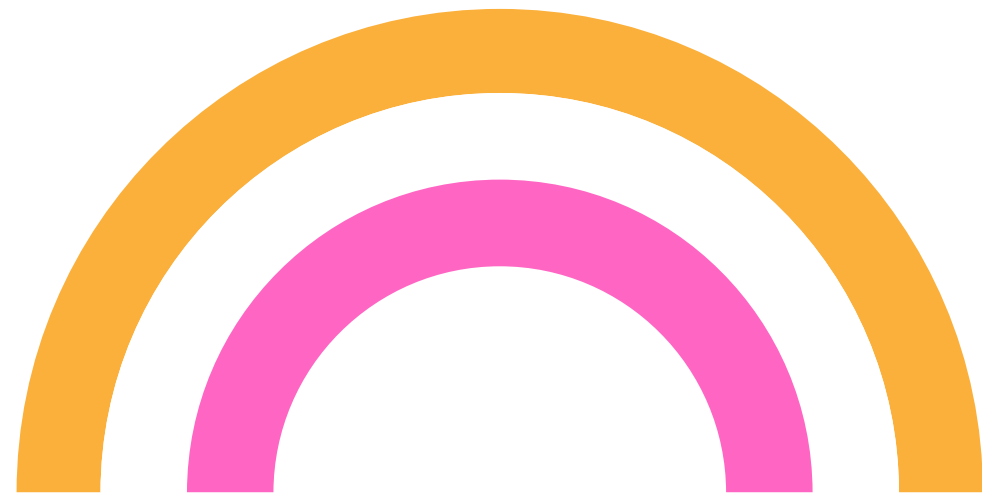


How to set up a

WOBBLE ROOM



BE KIND TO YOUR MIND



How to set up a

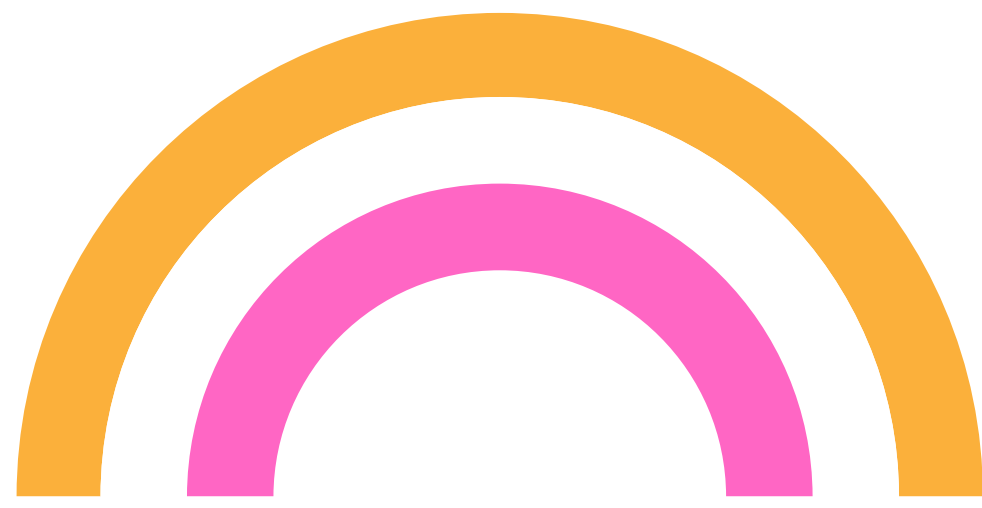
WOBBLE ROOM

What you need:

- A designated room with a door to close
- Wobble room posters
- Tissues
- Staff Wellbeing booklet
- Other wellbeing info printed out
- Seat(s)
- Mindfulness tools i.e. colouring in books



BE KIND TO YOUR MIND



How to set up a

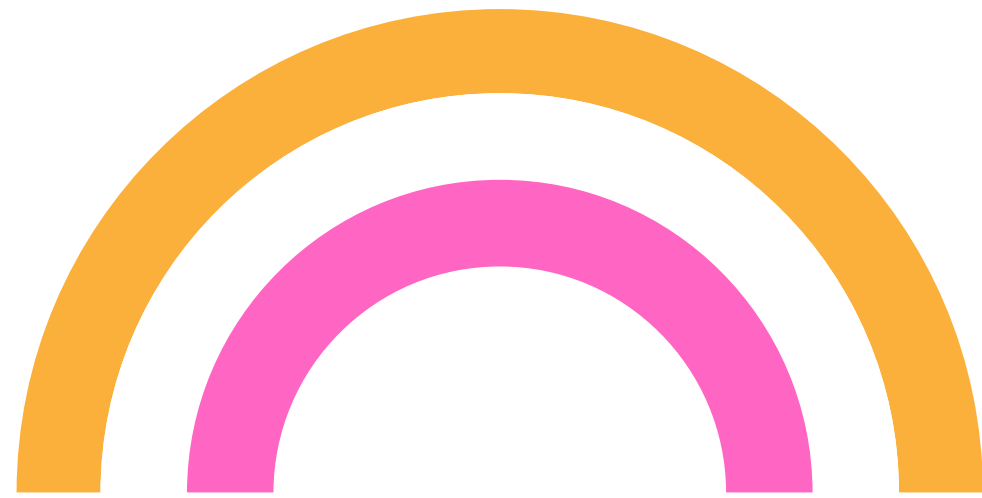
WOBBLE ROOM

Poster kit includes:

- Wobble Room Door poster
- Its OK to not be OK
- YOU MATTER
- I CANT
- You are AMAZING. FACT
- Five ways of wellbeing

Your wobble room can be as elaborate or as simple as you need/want. You don't need to have fancy signs and decorations, but they are nice. The important part is the space. Having a neutral space to go and just be.

BE KIND TO YOUR MIND



This is our

WOBBLE ROOM

A space dedicated for staff to go for a few minutes, away from everything to shout out loud, have a little cry or just sit quietly.

BE KIND TO YOUR MIND



IT'S OKAY NOT TO BE OK



You don't have to
fight your battle
alone. Talk to others.

Have you spoken with Sister/Charge Nurse
about your concerns?
Mentioned it in a huddle?

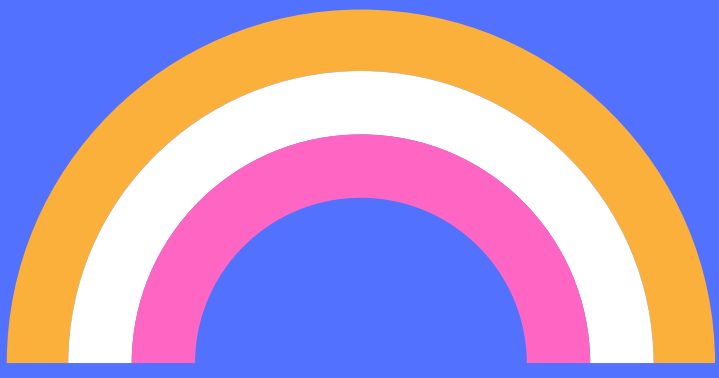
Others may be feeling the same and may
be able to support one another



United Lincolnshire
Hospitals
NHS Trust

YOU MATTER





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Hospitals
NHS Trust

CANIT

A pair of scissors with red handles and silver blades is positioned over the word 'CANIT'. The blades are open and appear to be cutting through the word, specifically between the 'N' and 'I'. The word 'CANIT' is written in a large, white, bold, sans-serif font. The letter 'I' is positioned above the 'N' and 'I' of 'CANIT'. A vertical dotted line is positioned between the 'I' and 'T' of 'CANIT'.



NHS

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Hospitals
NHS Trust

**YOU ARE
AMAZING.
FACT**

Five ways to Wellbeing

Introduce these five simple rules into your life & you will feel the benefits



**Be
Active**

Do what you can,
enjoy what you do,
move your mood



Connect

Talk & listen,
be there, feel connected



Give

Your time, your words,
your presence



**Take
Notice**

Remember the simple things
that give you joy



**Keep
Learning**

Embrace new experiences,
see opportunities, surprise yourself

