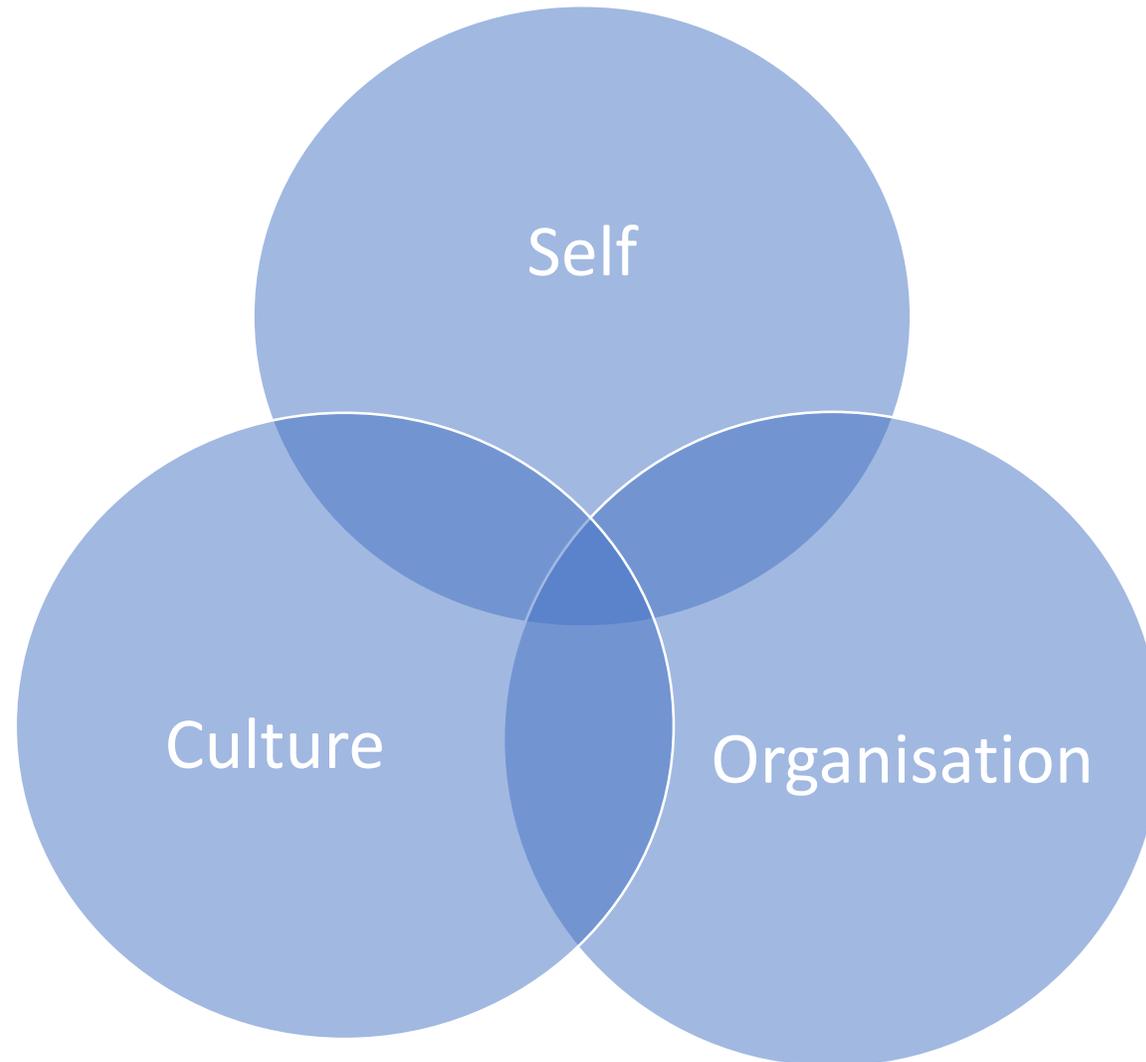


The image features a dark grey background with a decorative pattern of overlapping semi-circles in various shades of blue. A horizontal white band runs across the middle of the image, containing the text.

Returning to work in a post covid world

# Wellbeing at work



## **Improving the work environment for doctors**

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### **A – Autonomy/control**

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Voice, influence and fairness

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Work conditions

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Rotas and work schedules

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### **B – Belonging**

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Team working

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Culture and leadership

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### **C – Competence**

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Workload

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Management and supervision

---

Learning, training and development

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Caring for  
doctors  
Caring for  
patients

# Supportt and other returners - principles



GOOD PLANNING



INDUCTION



INCREASED SUPERVISION AND  
SUPPORT



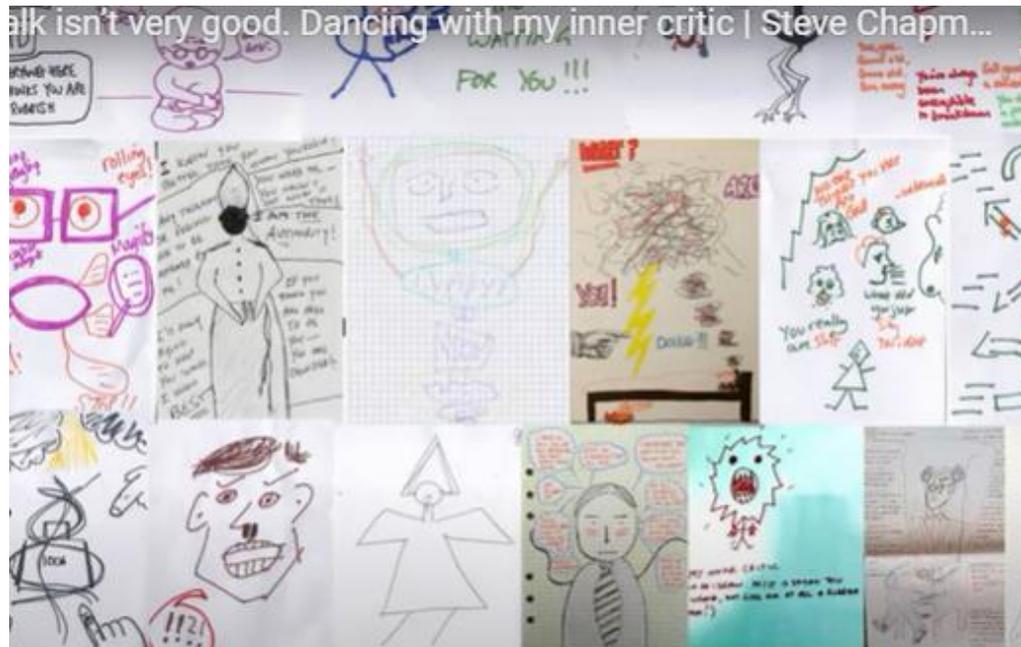
AWARENESS OF ISSUES –  
INDIVIDUAL AND THOSE  
SUPPORTING-CONFIDENCE ,  
FATIGUE ANXIETY RELATED TO  
PRACTICE,ISOLATION. ,



REGULAR REVIEW



# Self compassion –and the inner critic managing imposter syndrome



- Understanding
- Empathy
- Forgiving
- Recognising you have done your best
- Treating self as others

## Dr. Kristen Neff: 3 Elements of Self-Compassion





- HEE – supported return to training guidance and website
- GASagain
- FICM return to work guidance
- Academy of medical royal colleges guidance
- Trust flexible training champions
- All Covid wellbeing websites for healthcare workers

- Self compassion websites/ TED talks

Karen Neff

Stephen Chapman

Chris Germer

Brene Brown