

Hello

Workplace Chaplains share a few reflections in April 2021



NIM's workplace chaplains write, "Spring is in the air, we have just celebrated Easter and have probably all had too much chocolate! But this has also been a time when Christians celebrate the resurrection of Christ, with the promise of life after death and new beginnings. Muslims are currently celebrating Ramadan - a period of fasting, encouraging spiritual reflection, self-improvement, and heightened devotion. This year Spring also coincides with our gradual release from lockdown and after many very dark months it really does feel like life is starting up again, and there is more hope in the air. With buds on the trees, lighter and longer days, and the appearance of the first flowers of the year, we are physically surrounded with new life and growth, and hopefully a renewed enthusiasm for new possibilities this

year. We send you all every good wish as we gradually move forward with the government's roadmap. We have all lived through immensely difficult times but let us not lose our hope for a new start and better days to come."

Please accept these reflections from your chaplains - in the hope that they may bring some comfort, support and maybe even a smile! Our contact details are below and it is always lovely to hear from you!

Active April

Keeping active is a great way to boost our mental wellbeing. Whatever your circumstances or physical limitations, you can find your own ways to be a bit more active. We don't need to run marathons - there are simple things we can all do to take care of our bodies, like unplugging from technology, reconnecting with nature and getting more sleep! To download the calendar visit:

<https://www.actionforhappiness.org/active-april>



***"The tiny crocus is so bold
it peeps its head above the mould,
before the flowers awaken,
to say that spring is coming, dear,
with sunshine and that winter drear
will soon be overtaken."***

Lizzie Lawson

Helpful Quote

"Hope is being able to see that there is light despite all of the darkness"

Desmond Tutu

Supporting colleagues (and ourselves) to stay mentally healthy in new working contexts ..

Many people are now working in new and different ways which present both challenges and opportunities. As the coronavirus lockdown is lifted, many of us are returning to the workplace and lots of organisations are now thinking about how remote working could be offered to staff going forwards, with some allowing and encouraging staff to continue to work from home - or even offering the flexibility of homeworking for the longer term. Of course this will vary greatly depending upon your workplace context.

If your role (or that of a loved one) is affected by this, you might be feeling concerned about the impact this might have on your productivity and wellbeing. Remote working certainly has many benefits, however, it also has its own challenges and may not be appropriate for some people. Issues that can arise and which may affect you or people you know include: loneliness and a lack of collaboration and communication with others; being unable to set healthy boundaries between work and personal time and being unable to unplug, or alternatively lacking motivation. Being able to structure life with more flexibility, removing the commute etc is great, but it's also really important to get face-to-face time with your colleagues. If you have the opportunity, meet with your team members, break bread together and share memorable experiences.

A guide from *Our NHS People* explains some of the challenges and opportunities of working from home, and explores how you can manage them. To read more visit: <https://www.mentalhealthatwork.org.uk/resource/remote-working-guide/?read=more>

NB Depending on your workplace policies you may need to access links from your personal computer or smartphone.

Keeping in touch with each other!

Chaplains are here to offer support, encouragement, hope and a listening ear. To help us all keep in touch with each other we have set up an *ideaboardz* - this is completely confidential. Visit this months *ideaboardz* and share what is keeping you hopeful, and what new possibilities and opportunities you are looking forward to this Spring! Visit: <https://ideaboardz.com/for/Spring/3829394>

As hospitality venues open ...



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If you would like a chat, or have a concern you would like to discuss, please just get in touch - or arrange a Zoom chat!

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