



Feel Good Fridays

PIE at home: creating a healthy remote working space

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www.homeless.org.uk

Let's end homelessness together

Homeless Link



Who we are

We are the national membership charity for organisations working directly with people who become homeless in England. We work to make services better and campaign for policy change that will help end homelessness.

We deliver in-house, public training courses and online courses to our members across the country. Our courses are based on the latest policy, research and legislation, helping you develop the skills you need to tackle current issues and improve the service you offer to the people you support.

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Learning Environment



Microphones on mute unless on an exercise



Use SLIDO to ask questions or make comments



Open & Safe Learning Environment



Protected time for questions and discussion at the end

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What is PIE?



- Psychological Awareness
- Training and Support for Staff
- Learning and Enquiry
- Spaces of opportunity
- The 3 R's (Rules, Roles and Responsiveness)

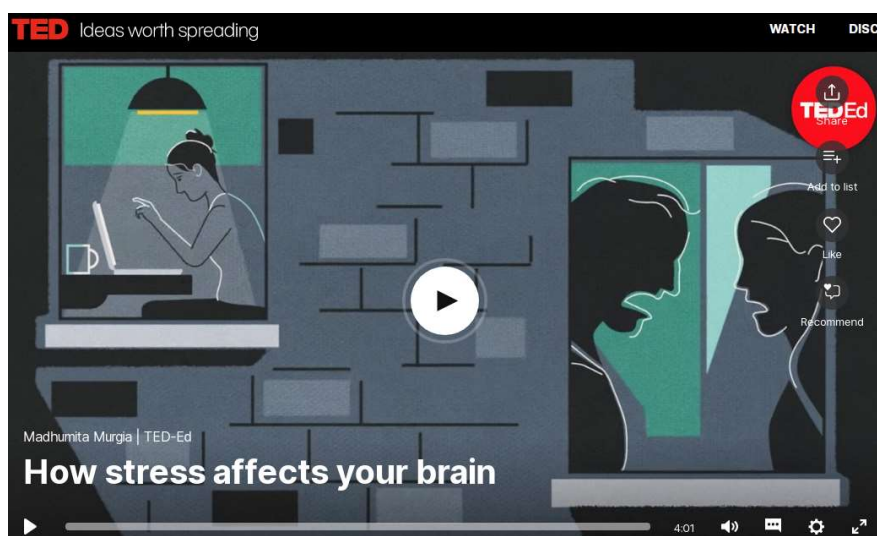
<http://pielink.net/>

Psychological Awareness



- Foster a culture of stress-awareness and self-care
- Emotional Wellbeing Models e.g.
 - **P**ositive Emotion
 - **E**ngagement
 - **R**elationships
 - **M**eaning
 - **A**ccomplishment

Stress Awareness!



WEAK (top) / **STRONG** (bottom)

Prefrontal Cortex
Thinking/logic/what to do/evaluation.
Everything is ok.

Hippocampus
Regulates memory and emotions.

Amygdala
Turns on fight or flight, and stores memories of the event.
Aargh!

Stress Up (red arrow pointing up)

Intellectual Control Down (green arrow pointing down)

Sympathetic (Fight, Flight, Freeze)	Parasympathetic (Rest, Digest)
Blood pumping, faster breath, sound, sight	Calmer, relaxed
Supressed immune, libido, appetite	Increased immune, libido, appetite

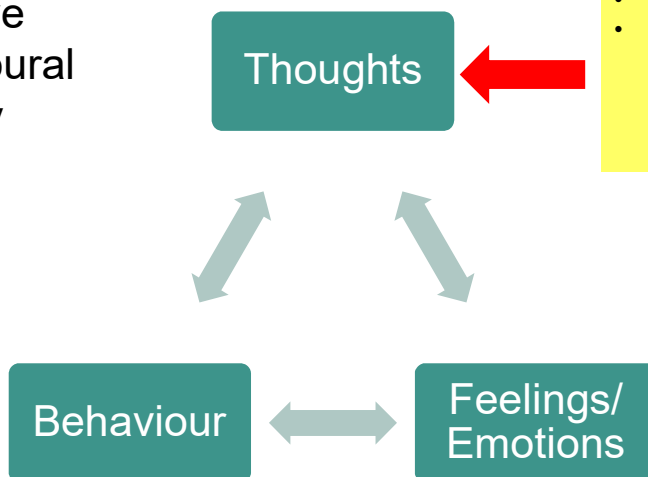
	Flight	Freeze	Fight	
	Anxiety	Depression	Anger	

Emotional Physical Behavioural Cognitive	Tearfulness/ Random crying	Problems sleeping (too much or too little)	Upset stomach	Difficulty with concentration	Forgetting things (e.g. words)
	Can't sit still/ fidgeting	Drinking more alcohol than usual	Racing heart	Sense of dread	Irritability/ anger
	Headaches	Feeling overwhelmed	Decrease in libido	Muscle aches	Intrusive thoughts
	Difficulty making decisions	Racing mind	Over/under eating	Tiredness	Worried

CBT Triangle

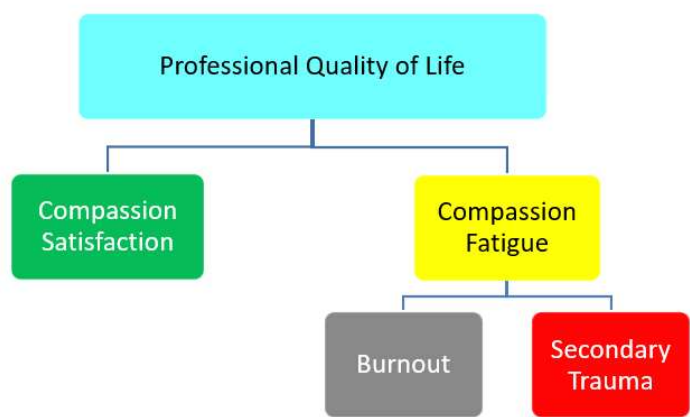


Cognitive
Behavioural
Therapy



- **Negative Bias**
- **Unhelpful Thinking Patterns**
 - Catastrophising
 - Mental filtering
 - Global labelling
 - Personalisation

CS-CF Model



(Proqol.org)

Spotting stress in others remotely



- Change in behaviour from their 'norm'
- Hypervigilance – over-checking, working extended hours
- Appearance (dress and facial/ body)
- Language (in ourselves- thoughts)

Self-care



Create responsive (soft) policy and practice on self-care e.g.

- Remote supervision
- Make staff aware of resources e.g. EAP
- Boundaries and time
- Limit meetings and set clear agendas
- Desk free lunch breaks and self-care breaks
- Buddy system
- Workstation support (info or resources)
- Training on stress and self-care
 - Sharing information via email
 - Weekly/ bi-weekly staff meetings
 - Carving time in work schedule for training on stress and self-care

Luxury - Necessity

**Take a Learning & Enquiry
Approach**

Question



What challenges do you have with creating a home work environment?

Spaces of Opportunity



- Establish routine
- Make a dedicated workspace
- Take breaks
- Stay connected
- Set clear boundaries

Create the Space: VAKOG



- V**isual
- A**udio
- K**inaesthetic
- O**lfactory
- G**ustatory

Visual: Clear Clutter



Ref:Pinterest



Ref: Irish News



Ref: Lifehack



Ref:Pinterest

Visual: Tips to Declutter



- Make use of tech
- Clear things you don't need and a pot/ cup for stationary
- Use a box file rather than just pile up paper
- If you use Post-its then consider a cardboard stand you can pack away
- Make time to clear away each evening – closure!

Visual:



COMPANY LOGO		PROJECT CLOSE OUT STATUS BOARD									
PROJECT	PROJECT MANAGER	START DATE	DESIGN	MANUFACTURE	ASSEMBLY	INSPECTION QA	DELIVERY/ INSTALLATION	CLOSE DATE	HISTORICAL ACHIEVEMENT GRAPH		
ALCANTARA	DOUGLAS WILSON	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	WALTER SCHWARTZ	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	TESSA WOOD	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	HILLARY	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	GEORGE	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	REYNOLD	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	REYNOLD	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	TRENGE	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	RICHARD	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		
BRIDGEMAN	SCOTT	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	10/10/11	[Graph]		

STRATEGIC PROJECT PLANNER		2011												2012											
PROJECT MANAGER	PROJECT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
DOUGLAS WILSON	ALCANTARA	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	
WALTER SCHWARTZ	BRIDGEMAN	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	
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SCOTT	BRIDGEMAN	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	[Bar]	

- red**
passion, energy, increases appetite
- orange**
joyous, social, active
- yellow**
optimistic, cheerful, focused
- green**
rejuvenating, healing, good health
- blue**
serenity, calm, peacefulness
- purple**
creativity, problem solving, sophistication
- pink**
kindness, romance, lowers stress

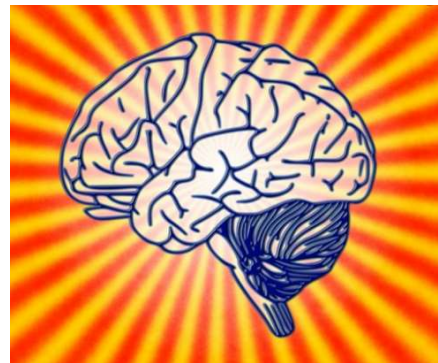


Ref:Pinterest

Audio: White Noise



- Help relaxation & Sleep
- Memory
- Learning (new words)
- Concentration



Kinaesthetic: Sit Properly



- Ensure lower back is supported
- Elbows should be level with body, wrists and forearms in L-shape and straight.
- Feet parallel on floor
- Monitor arms length away and eyes level with screen top
- Mouse close and other objects
- Avoid reflection and think about bifocals
- Avoid phone strain
- Regular breaks

Progressive Muscle Relaxation (PMR)



- Combination of breath and body work
- Easy and accessible
- Been practiced since 1930's
- Encourages muscles to relax
- Lowers heart rate
- Calms mind

Olfactory: Smell



- Lemon: Concentration and calming
- Lavender (or Rosewood): Calming on nervous system and good for headaches
- Jasmine: Uplifting capabilities, good for confidence and optimism.
- Rosemary: Uplifting, helps memory retention
- Frankincense (or Cinnamon): Help fight mental fatigue and improve concentration
- Peppermint: Energy boosting and promotes concentration and clear thinking Try peppermint when brainstorming. An energy booster, this scent invigorates the mind, promotes concentration and stimulates clear thinking.



Ref: Aurora Bloom



Ref: Yoga Journal

Gustatory: Foods for Mood



Brazil Nuts, Mushrooms and Soybeans Selenium may improve mood by reducing inflammation, which is often at heightened levels when someone has a mood disorder, such as anxiety.

Fatty fish, such as salmon, mackerel, sardines, trout, and herring, are high in omega-3. Omega-3 is a fatty acid that has a strong relationship with cognitive function as well as mental health.

Egg yolks - source of Vit D

Source: Medical News Today

Gustatory: Foods for Mood



Pumpkin seeds are an excellent source of potassium, which helps regulate electrolyte balance and manage blood pressure.

Dark chocolate has a high tryptophan content, which the body uses to turn into mood-enhancing neurotransmitters, such as serotonin in the brain. Its also a good source of magnesium which may reduce symptoms of depression.

Yogurt and fermented foods contain healthful bacteria, Lactobacillus and Bifidobacteria. There is emerging evidence that these bacteria and fermented products have positive effects on brain health.

Source: Medical News Today



Thank you!

