

LOROS

Hospice Care for Leicester, Leicestershire & Rutland

Wellbeing

Improving positive culture and wellbeing



This month- Let's get organised!

Having settled back into work after the Christmas break, February seems a good time to reassess how organised we are! Neena, who works in our Marketing department, has shared her top tips. Another proven method used to support your concentration is the Pomodoro Technique shown underneath Neena's tips. What can you do to make 2024 the year of organisation?

Be more Neena!

Hints & tips from our super organised marketing colleague!

1. Organised workspace – Create an organised workspace that aligns with Feng Shui principles to boost your mindset and productivity. Incorporate simple things like plants or diffusers. Consider adding personal touches that bring you happiness and inspiration, making your workspace a positive environment.
2. Time blocking - Break down your schedule into distinct time blocks to minimise jumping back and forth between tasks as this can be very counterproductive. Remember to block out time to take breaks so you can refresh your mind.
3. To do list - I find it really useful to make a to-do list on my Trello board (an online time management tool). A big project is more manageable when you break it down into little tasks and prioritise what needs to be done immediately and what can be scheduled for later. Remember, a notepad or the Notes app on your phone can serve the same purpose. It can be so motivating when you see all the green ticks at the end of the day.
4. Healthy lifestyle – It's so important to stay energised throughout the day. You may choose to go for a walk at lunch time or do some stretches. Remember to maintain a healthy diet.
5. Goal achievement - Boost your wellbeing by rewarding yourself for achieving your goals.

Neena Gahir – Marketing & Comms Officer

Pomodoro technique

1. Pick a task
2. Set a 25 minute timer
3. Work on your task until the time is up
4. Take a 5 minute break with a different task or refilling your water bottle

For more info click [here](#)



Also coming up this month:

February 10th- Chinese New Year- Year of the Dragon

February 13th- Flowers for Valentine's in the social area

February 28th- Social Justice Talk with Dr Nik Kotecha Email wellbeing@loros.co.uk for more info.

Review of last month

January started with a welcome visit from Sharon Smith from the Samaritans who came in with tea, coffee, cakes and biscuits to share 'Brew Monday' with us in the social area! Brew Monday was set up by the Samaritans to counter what is supposed to be 'Blue Monday', the lowest day of January after the Christmas excitement. Lots of people came by for a chat and it was wonderful for Sharon to meet so many of the staff and volunteers who work here! Don't forget, Brew Monday is just a label- make connections any time you can.

Coming soon

March 5th- Menopause awareness sessions 11am and 1pm

March 23rd- Wellbeing Day at Belgrave Neighbourhood Centre TBC

(All event details to be confirmed. If you would like to support these events please email wellbeing@loros.co.uk)

NEW Information!

You can now be a Wellbeing Champion in your department!

We would love you to join the Wellbeing Team, ensuring that wellbeing gets talked about within your team and allowing direct feedback on what matters to you.

If you are interested, chat to your Line Manager and then email wellbeing@loros.co.uk when we can then arrange to meet.

We also have an **ideas generator form** that you can complete if there is a topic related to wellbeing, equality, diversity or inclusion that you think we should all know about.

Forms are available to print or please email wellbeing@loros.co.uk and we can get one sent to you.

Wellbeing is for everyone, it's different for each of us and if you have ideas on that we would love to hear them.

If you feel you are struggling or you know someone who needs some support, don't forget to check out the Wellbeing section on the staff webpage which you can find by scanning the QR code on the right.

