

A black and white photograph of a woman with glasses and a plaid shirt smiling warmly at an elderly woman. They appear to be in a library or a similar setting with bookshelves in the background.

Wellbeing for registered managers

a bite size
practical guide

How to use this guide

The wellbeing of registered managers has never been so important. This bite size guide is based on the New Economics Foundation Five Ways to Wellbeing. We've taken sections from our longer hard copy resource 'Wellbeing for registered managers – a practical survival guide' which includes additional information, activities, tips and case studies. We hope this will give you some ideas to help you get started.

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The Five Ways to Wellbeing

1

Connect

Strong relationships are important for our health and happiness. Spending time with family and friends, and being part of a community, can help us feel better about life. It's important to have someone to talk to when we're feeling down or stressed. We can also help others by listening and offering support.

2

Be active

Exercise is good for our health and happiness. It helps us feel better about life and can help us sleep better. We can be active in many ways, like walking, running, or playing a sport. It's important to find an activity that we enjoy and to do it regularly.

3

Take notice

It's important to take notice of the things that make us feel good. This could be the smell of fresh flowers, the sound of birds singing, or the taste of a delicious meal. We can also take notice of the things that are making us feel bad, like stress or worry. By taking notice, we can learn more about ourselves and what we need to feel better.

4

Keep learning

Learning is good for our health and happiness. It helps us feel better about life and can help us sleep better. We can learn in many ways, like reading a book, taking a course, or learning a new skill. It's important to find something that we're interested in and to keep learning about it.

5

Give

Giving to others is good for our health and happiness. It helps us feel better about life and can help us sleep better. We can give in many ways, like donating money, volunteering, or helping someone in need. It's important to find a way to give that we can do regularly.

Take notice

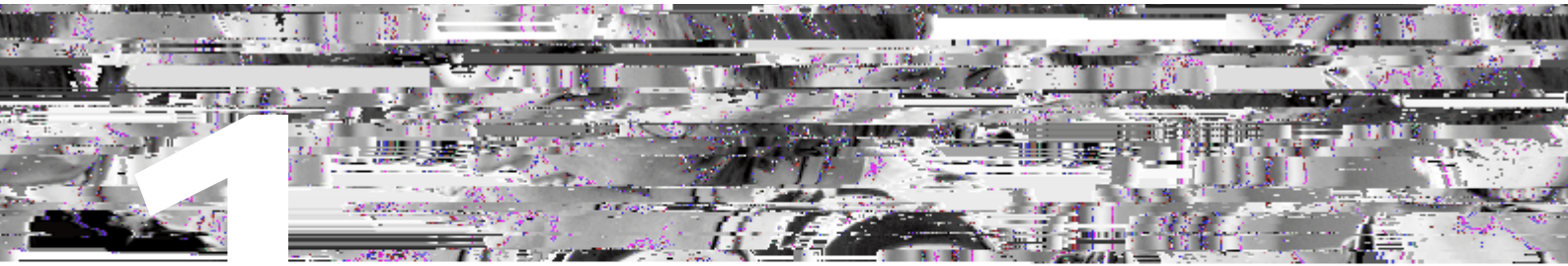
1. I am a student.	
2. I like reading books.	
3. I am a teacher.	
4. A student is a person who studies.	
5. I am a student and I like reading books.	

Keep learning

1. I am a student.	
2. I like reading books.	
3. I am a teacher.	
4. A student is a person who studies.	
5. I am a student and I like reading books.	

Give

1. I am a student.	
2. I like reading books.	
3. I am a teacher.	
4. I am a student and I like reading books.	
5. I am a student and I like reading books.	



Connect

Find opportunities to connect with the people around you. This could be with family, friends, colleagues and neighbours either at home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

There are many ways to connect with people around you. You can join a community group, a sports team, a church or a club. You can also connect with people through social media, such as Facebook, Twitter or LinkedIn. Another way to connect is through volunteering or mentoring. All of these activities can help you build a strong network of support and friends.

If you do one thing to connect...

Join a community group, sports team, church or club. Visit www.skillsforcare.org.uk/networks for more information.

Volunteer or mentor. Visit www.skillsforcare.org.uk/localities for more information.



Top tips to be active

Start with a goal that is specific, measurable, achievable, relevant and time-bound. For example, 'I will walk for 30 minutes every day for the next 4 weeks.'

Then, break it down into smaller, more manageable steps. For example, 'I will walk for 10 minutes every day for the first 2 weeks, and then increase to 20 minutes for the next 2 weeks, and finally 30 minutes for the last 2 weeks.'

Set the goal	Think about what you want to achieve, and why it is important to you. Write down your goal in a clear, specific way. For example, 'I will walk for 30 minutes every day for the next 4 weeks.'
Plan	Break your goal down into smaller, more manageable steps. For example, 'I will walk for 10 minutes every day for the first 2 weeks, and then increase to 20 minutes for the next 2 weeks, and finally 30 minutes for the last 2 weeks.'
Involve others	Share your goal with someone who can support you. This could be a friend, family member, or a professional. They can help you stay motivated and accountable.
Start off slow	Don't try to do too much too soon. Start with a small amount of activity and gradually increase it over time. This will help you build up your stamina and avoid injury.
Sign-up to something	Join a class or group that interests you. This can provide you with a supportive environment and a regular schedule of activity.
Celebrate your success	Take time to acknowledge and celebrate your achievements, no matter how small. This will help you stay motivated and encouraged.
Review	Regularly check in with yourself to see how you are progressing. If you are struggling, don't be discouraged. Think about what might be causing the difficulty and how you can adjust your plan.
Set yourself a new goal	Once you have achieved your current goal, set yourself a new one. This will help you continue to challenge yourself and stay active.

3



Take notice

Become curious and catch sight of the beautiful. Remark on the unusual and notice the changing seasons. Really savour the moment, whether you're walking to work, eating lunch or talking to friends. Be aware of the world around you and what you're feeling. Reflecting on your experiences will help you appreciate what matters to you.

At the start of the year, I noticed a lot of things that were different from the last year. I noticed that the weather was different, that the people I was meeting were different, that the things I was seeing were different.

That was interesting. I noticed that the weather was different, that the people I was meeting were different, that the things I was seeing were different. I noticed that the weather was different, that the people I was meeting were different, that the things I was seeing were different.

Reflection

What was I like at the start of the year? I was like a person who was curious and noticed the unusual. I was like a person who was curious and noticed the unusual. I was like a person who was curious and noticed the unusual.

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If you do one thing, to take notice...

Take notice of the weather, the people, the things, the feelings.

Exercise - Three positives log

Keep learning

Try something new or rediscover an old interest. Learn something creative or sign up for a course. Set a challenge you will enjoy achieving. Learning new things will

It's all in the mind(set)

Whether you think you can or you think you can't, you're right

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Henry Ford



If you do one thing to keep learning...

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www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

Exercise - Recognising your growth mindset



Think of a skill or characteristic that you're particularly proud of which you haven't always been good at and describe it.

What did you do to start developing this skill?	
How did you arrange this?	
What sort of help did you have?	
What questions did you ask?	
How often do you use this (practice it)?	
How did getting better at this make you feel?	
What was the impact of this?	
How do you continue to develop this?	



5

Give

Do something nice for a friend, or a stranger. Thank someone. Smile.

If you do one thing to Give...



Remember

Thank someone for something they have done for you, or for someone else.
 Say 'thank you' to a friend, or a stranger.

Smile at a friend, or a stranger.



Finally

As a Registered Manager, you will be responsible for the day-to-day running of your care home. This includes ensuring that your care home is safe, secure and well-run, and that you are providing the best possible care for your residents.

A Skills for Care Registered Manager (RCM) is a professional who has completed a 150-hour course and passed an exam. They are responsible for the day-to-day running of a care home, ensuring that it is safe, secure and well-run, and that they are providing the best possible care for their residents. **COVID-19** has brought a new challenge to Registered Managers, and Skills for Care has developed a range of resources to help you manage this crisis.

Facebook group: www.facebook.com/groups/registeredmanager

www.facebook.com/groups/registeredmanager

Local networks: Skills for Care RCM150 is a network of Registered Managers across the country. It provides a forum for Registered Managers to share their experiences and best practice. **COVID-19** has brought a new challenge to Registered Managers, and Skills for Care has developed a range of resources to help you manage this crisis.

www.skillsforcare.org.uk/networks

Webinars and bite size resources: Skills for Care has developed a range of webinars and bite size resources to help Registered Managers manage their care homes during the **COVID-19** crisis. These resources cover a range of topics, including infection control, safeguarding, and staff wellbeing.

www.skillsforcare.org.uk/registered-managers-webinars

Membership: Skills for Care offers a range of membership options for Registered Managers. These options provide access to a range of resources, including webinars, bite size resources, and local networks.

www.skillsforcare.org.uk/membership

Podcast: Skills for Care has developed a range of podcasts to help Registered Managers manage their care homes during the **COVID-19** crisis. These podcasts cover a range of topics, including infection control, safeguarding, and staff wellbeing.

www.skillsforcare.org.uk/podcast

For more information, visit www.skillsforcare.org.uk/registeredmanagers

