

# BASW UK Student Conference 2024

## *The well-being magic wand \* Workshop*



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## QUESTION

As a social work student, what impacts on your well-being?

List 3 things in the chat and share if you are happy to do so.






# What is well-being at work?

Our well-being at work covers every part of our working life, including the environment we work in, how we feel about our work, the organisation and the people we work with.

## Why well-being matters at work

Good well-being at work is important because:

- it gives us a sense of purpose and achievement in our role
  - we perform better if we're happier at work and confident in what we're doing, which means we support people better
  - staff who feel supported at work are more likely to stay with an organisation.
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## What makes a difference?

### **Workplace culture**

- Relationships we have with the people we work with
- How we are managed
- The approach to leadership in your organisation
- The environment we work in

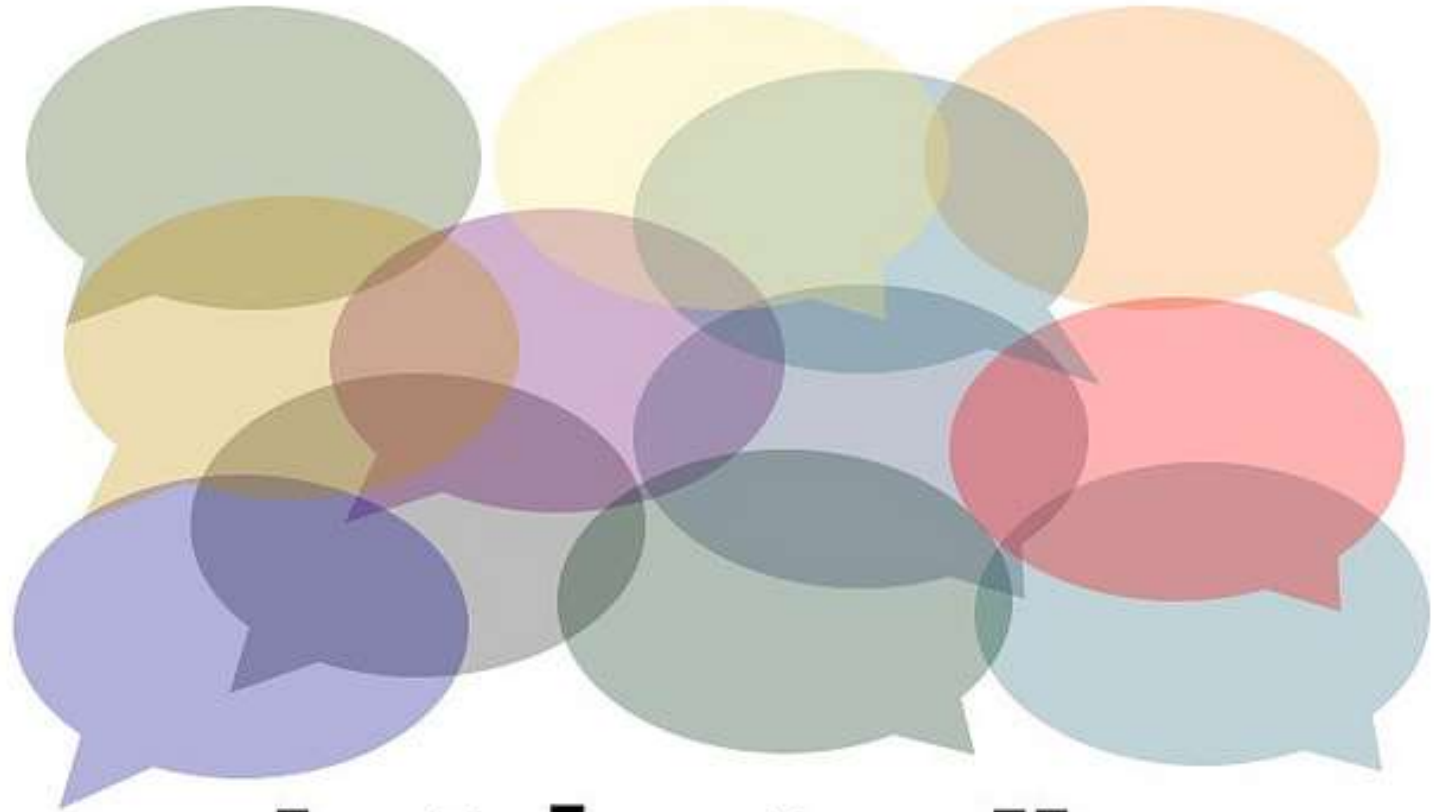
### **Work and life balance**

**Keeping yourself as well as you can be**

## **My experience - Newly Qualified Social Worker testimonial**



Breakout



**let's talk**

Wellbeing  
Tools  
Tips  
&  
Resources





# THE SPARK TOOL

## Checking in

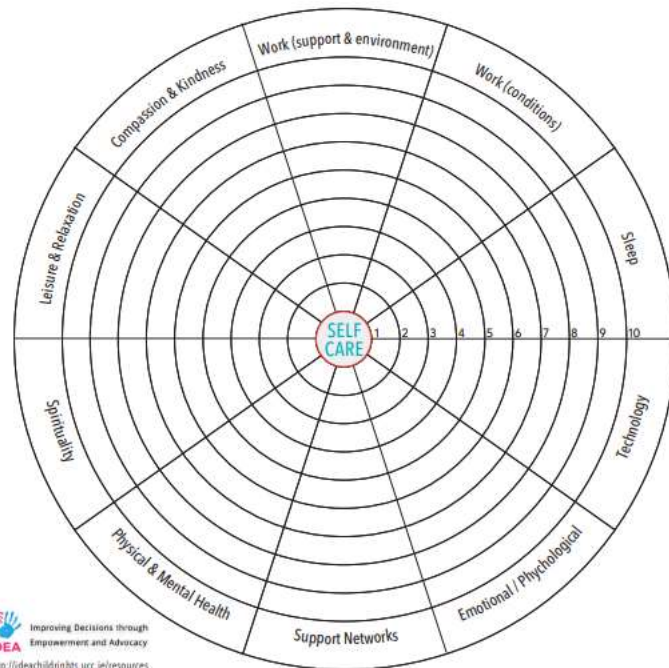
On a scale of 1–10, where 1 means that you are exhausted, tired and stressed and 10 means that you are energised, feel healthy and are not stressed today, where would you rate yourself on this scale? \_\_\_\_\_

How you are feeling will influence how you complete this tool. This rating will also provide you with useful context on how you were feeling when you review your completed SPARK tool.

## Instructions

SPARK is best used as a reflective tool, rather than focusing on a total result. On a scale of 1–10, where 1 is weak and 10 is strong, where would you rate yourself in each domain in terms of your self-care? Why are you placing yourself at each point? What could you do to move 1–2 points higher?

The prompts in each domain are suggestions only and are not a list of everything you could be doing. Completing this tool may take time: allow as much time as is necessary to make this a meaningful process for you. If you find yourself avoiding a prompt or question, try and explore why this might be. If you feel overwhelmed with the breadth of prompts overleaf, try and focus on a few: small changes in your life can make a big difference.



[A self care tool for professionals - The SPARK tool](#)



## Personal well-being tips

- **Check in on yourself every day and ask 'do I feel OK today?'**  
If you don't feel OK, try to find out what the problem is and think about any help you need or changes you should make.
- **Take time to reflect**  
Reflective practice can help you process experiences, work out solutions and be more accepting. This helps you to be kinder to yourself.
- **Make sure you have someone you can talk to, both inside and outside of work**  
You can ask friends, peers and people you work with for help or advice to make sure you're not alone when you're having a tough minute, day or week.



- **Don't 'just get on with it'**  
Talk to people in your support networks about challenges you're facing or feeling. When you're asked to do something, be confident to say no if it would be more work than you can manage.
- **Use your leave properly**  
(including annual leave, daily breaks and sick leave if you're unwell). Using leave properly will make sure you're well-rested and able to look after yourself and others.
- **Have a routine with good work-life balance**  
Hobbies, being active, eating well and connecting with friends or family can all keep you balanced. Resting is important to help you stay well and will help you to support others.

[social care wales learning-modules](#)

[looking-after-yourself-at-work](#)

[A self care tool for professionals - The SPARK tool](#)

[frontline-keyworker-self-care-acts](#)

[skillsforcare.org.uk](#)

## Simple daily wellbeing checklist

There are a few things that we can all do each day, each week, or even longer-term to try and help maintain our own mental and physical health.

Below is a short checklist of simple things that we can all do at home and at work to support ourselves. Many of them can be undertaken whether you are working from home or in the office, and help you to support both yourself and the colleagues around you. The points in this checklist were developed through numerous interviews and surveys with both health care and social care workers, and thus are employee-developed and led.

Daily Wellbeing Considerations	Done?
Have you taken a lunch break?	<input type="checkbox"/>
At the end of the day – have you handed over any outstanding tasks?	<input type="checkbox"/>
Reflect upon one thing that was difficult today. What did you learn?	<input type="checkbox"/>
However small, identify and reflect on three things that went well.	<input type="checkbox"/>
Check in with your team/colleagues.	<input type="checkbox"/>
Anything you need to talk about before you leave – take support from your team/colleagues.	<input type="checkbox"/>
Go home and turn your attention to family and friends. Rest and Recharge.	<input type="checkbox"/>
Weekly Wellbeing Considerations	
Have you eaten healthily throughout this week?	<input type="checkbox"/>
Have you undertaken at least 150 minutes (2 and a half hours) of exercise including two strength activities, for example, yoga, carrying heavy shopping?	<input type="checkbox"/>
Monthly Wellbeing Considerations	
Have you met with your line manager and had a constructive discussion?	<input type="checkbox"/>
Have you asked your peers for support when you needed it?	<input type="checkbox"/>
Have you had useful reflective supervision session this month?	<input type="checkbox"/>

If you answer no to some or many of these things, weigh up the impact on you for the short and long term. Identify how you could move one or two things on. Set yourself an achievable goal. Talk to someone helpful about the changes you want to make.

Self-care resources on BASW website:

[www.basw.co.uk/quick-guide-self-care-social-workers-during-covid-19](http://www.basw.co.uk/quick-guide-self-care-social-workers-during-covid-19)

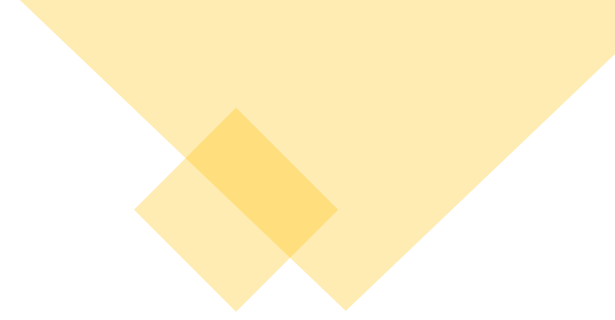
[www.basw.co.uk/media/news/2020/apr/messages-self-care-and-resilience-neil-thompson-basw-cymru-ambassador](http://www.basw.co.uk/media/news/2020/apr/messages-self-care-and-resilience-neil-thompson-basw-cymru-ambassador)

[www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce/health-and-wellbeing-of-the-adult-social-care-workforce](http://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce/health-and-wellbeing-of-the-adult-social-care-workforce)


[basw.social-worker-wellbeing-and-working-conditions-good-practice-toolkit](http://basw.social-worker-wellbeing-and-working-conditions-good-practice-toolkit)

[Social Work Professional Support Service \(SWPSS\) | BASW](http://socialcare.wales/events/well-being-in-social-care)

[socialcare.wales/events/well-being-in-social-care](http://socialcare.wales/events/well-being-in-social-care)  
10-12 March 18



**Thank you for  
joining our  
session and  
good luck  
with our  
studies!**



**GOOD  
LUCK!**