

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.

1	Connect	pg 9
2	Be active	pg 25
3	Take notice	pg 37
4	Keep learning	pg 55
5	Give	pg 77

The Five Ways to Wellbeing

1

Connect

Bringing people together, face-to-face, is important for our wellbeing. Strong relationships with family, friends and colleagues are important for our health and happiness. Being part of a community, whether it's a sports team, a church or a local group, can help us feel supported and valued. It's important to take time to connect with others and to build strong relationships.

2

Be active

Exercise is good for our health and wellbeing. It helps us feel energized and happy. It can also help us manage stress and improve our mood. There are many ways to be active, from walking to the shops to going to the gym. Find an activity that you enjoy and make it a regular part of your life. Even a short walk can make a difference.

3

Take notice

Stopping for a moment to appreciate the things around us can help us feel more content and happy. It's about taking time to notice the beauty of the world around us, from the sun on our face to the sound of birdsong. It's about being present in the moment and enjoying the things that we often take for granted. Taking notice can help us feel more grateful and more connected to the world around us.

4

Keep learning

Learning new things can help us feel more engaged and happy. It can also help us improve our skills and knowledge, which can be useful in our work and in our lives. There are many ways to learn, from taking a course to reading a book. Find something that interests you and make it a priority. Learning can be a fun and rewarding experience.

5

Give

Giving to others can help us feel more purposeful and happy. It can also help us build strong relationships and make a difference in the world. There are many ways to give, from volunteering to donating to charity. Find a way that works for you and make it a regular part of your life. Giving can be a powerful way to improve our wellbeing and the wellbeing of others.

Take notice

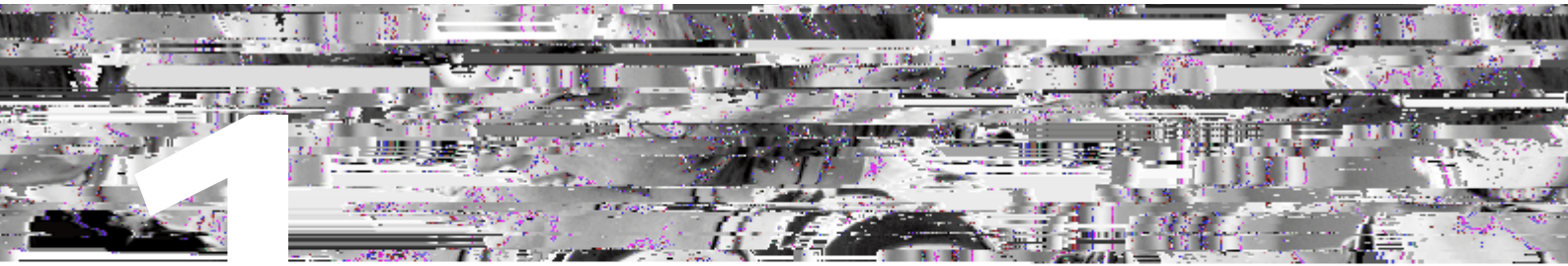
1. I am a student.	
2. I like reading books.	
3. I am a teacher.	
4. A student is a person who studies.	
5. I am a student and I like reading books.	

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, 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.

www.skillsforcare.org.uk/networks

www.skillsforcare.org.uk/localities



Top tips to be active

Start by setting a goal. This could be to walk for 30 minutes every day. Then, plan how you will do this. For example, you could go for a walk in the park every day. Involve others by asking a friend to join you. Start off slow by walking for 10 minutes first. Sign-up to something like a walking group. Celebrate your success by treating yourself to a small reward. Review your progress and adjust your goal if needed. Finally, set yourself a new goal to keep moving forward.

Set the goal	Think about what you want to achieve. It should be specific, measurable, achievable, relevant and time-bound. For example, 'I want to walk for 30 minutes every day for the next 4 weeks'.
Plan	Work out how you will do it. Consider the time, location and any equipment you need. For example, 'I will go for a walk in the park every day at 10am for 30 minutes'.
Involve others	Ask a friend or family member to join you. This can make it more fun and help you stay motivated. For example, 'Would you like to go for a walk with me every day?'.
Start off slow	Don't try to do too much too soon. Start with a shorter time and gradually increase it. For example, 'I will start with 10 minutes and increase to 30 minutes over 4 weeks'.
Sign-up to something	Join a walking group or a fitness class. This can provide you with support and motivation. For example, 'I will sign up to a walking group that meets every Tuesday'.
Celebrate your success	Reward yourself when you reach a milestone. This can help you stay motivated. For example, 'I will treat myself to a small reward when I have walked for 30 minutes every day for a week'.
Review	Check in with yourself regularly to see how you are doing. If you are struggling, think about why and how you can adjust your plan. For example, 'I will check in with myself every week to see how I am getting on'.
Set yourself a new goal	Once you have reached your current goal, set a new one to keep moving forward. For example, 'I will set a new goal to walk for 45 minutes every day'.



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.

As you walk, notice the sounds around you. Do you hear the traffic? The birds? The wind? How does it feel to be walking? Are you hot, cold, or comfortable?

Take a moment to notice the people around you. Are they looking at you? What are they doing? How do they look? What are they wearing?

Reflection

How do you feel? What are you thinking? What are you noticing? What are you feeling? What are you observing? What are you hearing? What are you seeing?

What are you noticing? What are you feeling? What are you observing? What are you hearing? What are you seeing?

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

Take a moment to notice the people around you. Are they looking at you? What are they doing? How do they look? What are they wearing?

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?	





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-managed. You will also be responsible for ensuring that your care home provides a high quality of 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-managed. They also ensure that the care home provides a high quality of care for its residents. The Skills for Care RCM qualification is a nationally recognised standard for Registered Managers. It is a requirement for all care homes in England to have a Registered Manager. The Skills for Care RCM qualification is a requirement for all care homes in England to have a Registered Manager. The Skills for Care RCM qualification is a requirement for all care homes in England to have a Registered Manager.

Facebook group: Skills for Care Registered Managers
www.facebook.com/groups/registeredmanager

Local networks: Skills for Care Registered Managers 150
www.skillsforcare.org.uk/networks

Webinars and bite size resources: Skills for Care Registered Managers 20
www.skillsforcare.org.uk/registered-managers-webinars

Membership: Skills for Care Registered Managers
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Podcast: Skills for Care Registered Managers
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