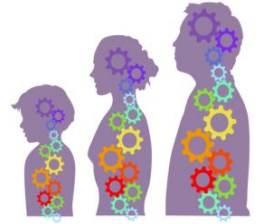


What can you do as a Mind & Body Champion?



Awareness

Advocacy

Practice

Leadership

Ways to be involved

- Complete your [Mind & Body e-learning](#)
- Show the Mind & Body two minute animation at your team meetings/MDMs
- Get involved on social media using #mindbodycare

- Give a short presentation at your team meeting/MDMs to start a conversation about why Mind & Body matters to your patients, carers and families
- Hold information stalls or roadshows in your workplace
- Encourage others to become Champions

- Refresh your mind and body clinical skills
- Promote your existing mind and body work
- Participate in focus groups led by the Mind & Body team (coming soon!)
- Looking after your team's mind & body is just as important – take time to agree a staff health and wellbeing plan as a team

- Lead a service improvement project to embed mind and body interventions in your service
- Work with us to identify and respond to common barriers to delivering mind and body care
- Attend mind & body events, seminars and conferences

Resources to help you

- The Champion's [resources pack](#) includes posters, our short information leaflet & a link to the animation
- Follow @kingshealth and @katemindandbody on Twitter to join in

- The Champion's [resources pack](#) includes posters to advertise the network (including specifying a local point of contact), our standard presentation slide deck, and other resources to help you host a stall

- Take a look at our [education and training offers](#) and sign up to a course
- Come along to events advertised through our monthly newsletter
- Access your occupational health resources for staff and look out for a new Mind & Body local health and wellbeing team toolkit coming soon!
- Email us at mindandbody@slam.nhs.uk to promote existing work

- Keep an eye out for events advertised through the monthly newsletter
- Write a blog on your experiences of Mind & Body care
- Get in touch with us to discuss ways to kick off a service improvement project mindandbody@slam.nhs.uk