What can you do as a Mind & Body Champion?

**Awareness**
- 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

**Advocacy**
- 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

**Practice**
- 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

**Leadership**
- 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 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