



The FoNS Weekly News



Hello, Grace here!

As a proud Mental Health Nurse I thought I would share some of my thoughts this World Mental Health Day.

What is World Mental Health Day?

10 October every year is World Mental Health Day, a day to raise awareness of mental health issues around the world. The World Health

Organization (WHO) establish a theme every year and this year's theme is "Mental Health at Work."

The key message from WHO is that mental health and work are closely linked. We know that supportive work environments foster positive wellbeing, so it is time to prioritise mental health in the workplace!

[Find out more about World Mental Health Day 2024](#)

And share your experiences of prioritising mental health in your workplace on social media following #WorldMentalHealthDay

Does nursing impact negatively on my mental health?

This feels like it is sometimes the message that is given. Is it really the case that if you become a nurse your mental health will inevitably deplete? When I reflect on my career, some aspects of my work have brought me pure joy and given me a sense of meaning and purpose. Dr Kate Sanders talks about this in her article on muchness, or your subjective feeling of wellbeing.

The idea of muchness comes from a quote from Tim Burton's Alice in Wonderland – *'you used to be much "muchier". You've lost your muchness.'*

The Muchness Model embodies a holistic approach to wellbeing and may be useful to consider when thinking about wellbeing within your work context.

[Read Dr Kate Sanders article](#)

Burnout generally

I was really interested to come across a report into burnout in the workplace recently. The majority of individuals who completed the report had felt burnout at some point in the last year, including those that had retired. The top reasons for feeling burnout were poor sleep, money worries, physical health and feeling isolated.

What can I do personally?

This had me reflecting on the busyness of our lives now. We have so much going on, so many distractions and very little time for true connection and relaxation. Within Resilience-based Clinical Supervision (RBCS) we use the three emotional regulation systems from Compassion Focused Therapy to consider what may be motivating our responses.

[Access RBCS resources](#)

[Watch a video on the emotion regulation systems](#)

Arguably, we mainly spend time in the threat and drive systems and our current society does not leave a lot of time to access our soothing system. The soothing system helps us to feel content, soothed, peaceful and relaxed, essentially it helps us to slow down, rest and recuperate.

So, for this World Mental Health Day, I will be spending time focusing on what I can control and accessing my soothing system by fully connecting with others, limiting my time on my phone, going for a walk in nature and giving my dog a big cuddle!

What one thing will you do this week to activate your soothe system?

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