

A photograph of the Tower Bridge in London at dusk. The bridge's two massive stone towers are illuminated with warm yellow lights, and the suspension cables are lit with blue. The two bascules (bridge decks) are raised, creating a large opening in the center. The bridge is reflected in the calm water of the River Thames. In the background, the London skyline is visible under a twilight sky. The text 'FRONTLINE NETWORK' is overlaid in yellow, and 'COPING STRATEGIES' is overlaid in large, bold, teal letters.

FRONTLINE NETWORK

COPING STRATEGIES

Dan Farnworth



DAN FARNWORTH

**UNITED KINGDOM EMERGENCY SERVICES
NATIONAL HEALTH SERVICE (NHS)**

- Sir Winston Churchill Fellow 2018
- EMT UK Ambulance Service NHS
- Founder of Mental Health Awareness Campaign for First Responders – Our Blue Light
- Figure head for the Royal Foundation's 'Heads Together' Programme
- Awarded NHS Hero award in May 2018 by HRH Prince William
- Honored with the Prime Minister's 'Point of Light Award' by Theresa May in June 2018



COPING STRATEGIES

AIMS AND OBJECTIVES

- What are coping strategies and why do we need them?
- Identify ideas for suggested best practice and discuss practical ideas to achieve this.
- To use our discussions and ideas to put together a draft best practice document, for further discussion and progression.

**1 IN ? FIRST
RESPONDERS
WILL CONSIDER
SUICIDE**

(MIND 2016)

Contributing Factors:

- **Stigma**
- **Culture**
- **Long working hours**
- **Relentless work load**
- **Lack of formal support structure**

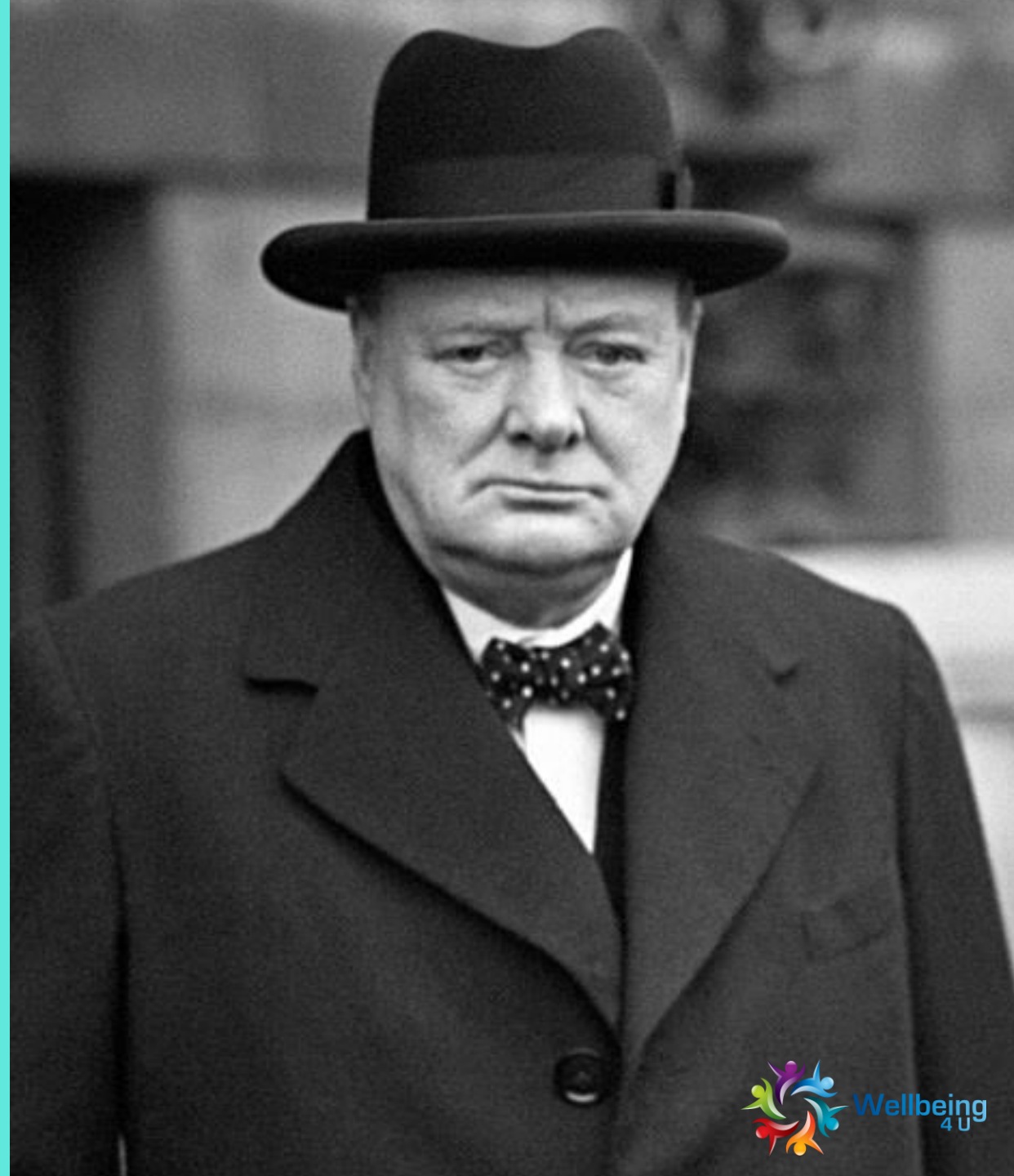
DAN'S STORY



SIR WINSTON CHURCHILL

- Believed that, if given the correct tools ordinary people could achieve extraordinary things
- Believed that sharing our best methods of work with other nations was the key to overall success

WINSTON
CHURCHILL
MEMORIAL
TRUST





CANADA & THE UNITED STATES OF AMERICA





Wellbeing4u.org

Be
Active

Do what you can,
Enjoy what you do,
Move your mood

Keep
Learning

Embrace new
experiences,
See opportunities,
Surprise yourself

Give

Your time,
your words,
your presence

Connect

Talk and Listen,
Be there,
Feel Connected

Take
Notice

Remember the
simple things that
give you joy



INTERACTIVE SESSION

1. Practical solutions to dealing with everyday situations
2. Separating work and home
3. The role of mindfulness activities to support you
4. How not to feel responsible for people's actions and experiences?
5. Compassion fatigue

10:00

WHATS NEXT?

CULTURE

Improve the culture of our services by reducing the stigma, raising awareness and starting the conversation around health and wellbeing in the workplace and at home

SUPPORT

Offer true support for our colleagues, including resilience training and offering the **right support**, at the **right time** and in the **right place** - **from day one**

HEALTH

Provide healthy working conditions and the tools to ensure colleagues are able to live a happy, healthy and fit lifestyle at work and at home

WHAT'S NEXT? NETWORK

"Alone we can achieve amazing things, but when we work together the possibilities are endless"





ANY QUESTIONS?

THE FUTURE OF WELLBEING IS IN OUR HANDS

THANK YOU

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