

The Kind Side: Stories from NSW Health podcast

Facilitator: Choose an episode to listen to and discuss with the team. Suggest choosing an episode unrelated to the work the team does. Some episodes are longer than others. Consider the time allocated for the activity. Test playing the episode to check sound. Have creative options available for people to choose to engage with whilst listening, like colour pencils, blank paper, mindful colouring-in pages etc.

Introduction:

To “look on the bright side” is to find good things in challenging situations. Working in health, receiving health care, or visiting a health care service can at times be a challenging experience. Small acts of kindness can help to improve this experience. *The Kind Side: Stories from NSW Health* podcast was created to help us better understand each other to inspire and provide practical ideas for small acts of kindness in a hospital or health care service. We’re here to listen to an episode of The Kind Side together and talk about our reflections and responses as a wellbeing activity.

Acknowledgement:

Before we begin, I’d like to acknowledge the Traditional Owners of the land we are gathered on today and pay my deep respects to Elders; past, present, and future. I also acknowledge any Aboriginal people with us today and extend that sincere respect to you. As we come together in this space of sharing, I also acknowledge the lived experiences and wisdom we all bring and thank you for joining me with curiosity and kindness.

Safety:

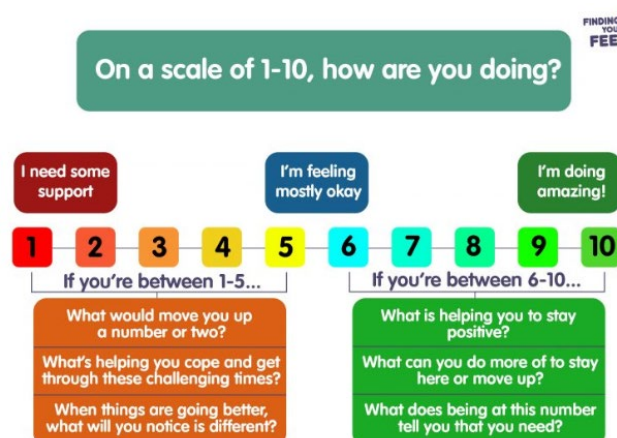
This is safe place to share. Come as you are. The Kind Side podcast episodes and our conversation is intended to be uplifting, however, if at any time you feel like stepping out, please be kind to yourself and do so. If you’d like to talk after the session, I’m here for you. We will listen actively to each other, and we will respect the confidentiality of what is shared here.

Facilitator: Consider any trigger warnings for the episode you have chosen for the group to listen to.

Starting wellbeing scale:

Let’s start with a little check-in. Please take a post-it note, write down your number, and give it to me. On a scale of 1 to 10, with 1 being curled up under the table in the foetal position, and 10 being dancing on the table with joy, how are you feeling right now? Don’t over think it, write down the number that comes to mind.

Facilitator: Display the wellbeing scale. Collect post-it notes together in one pile and place to the side.



Listening:

Let's listen to an episode of The Kind Side. While we listen, I invite you to engage in some creative doodling or colouring-in. Feel free to illustrate the images or words that come to you, sit in stillness, or move your body. Find what feels good.

Reflection:

- How was the experience of listening as a group, with the freedom to create, sit or move?
- Can you share something that stayed with you from that conversation and why?
- What's something you learned about the person sharing their story?
- Was there an act of kindness that resonated with you, and why?
- What are some ways this team is kind to each other?
- How does this team provide or experience kindness with patients, carers, or families?

Ending wellbeing scale:

Let's finish with another check-in using the same scale. Please take another post-it note, write down your number, and give it to me. Again, on a scale of 1 to 10, with 1 being curled up under the table in the foetal position, and 10 being dancing on the table with joy, how are you feeling right now? Don't over think it, write down the number that comes to mind.

Facilitator: Add up the starting numbers to get a combined starting number for the group, and the ending numbers to get a combined ending number for the group.

Evaluation:

Let's review our collective numbers to understand how this activity impacted our wellbeing:

- Our collective ending number is higher than our starting number: This indicates our wellbeing improved.
- Our collective ending number is lower than our starting number: This indicates our wellbeing declined. Let's take a moment to unpack why we may be feeling this way and if we would benefit from some support.
- Our collective ending number and starting number are the same: Indicates no change in our wellbeing. Let's take a moment to unpack why we aren't feeling any better, and if we would benefit from some support.

Thanks for participating. I hope you enjoyed this opportunity to disconnect from work tasks and reconnect with each other in the spirit of kindness.

Thanks for helping us look on the kind side of health.