

# Coloplast® Professional

## Coloplast Professional newsletter – 2nd edition

It goes without saying that the pandemic has taken its toll on healthcare workers across the country, both professionally and personally. In this edition of the Coloplast Professional newsletter, we explore wellbeing and make it clear – **it's okay to not be okay.**



We're here to support you every step of the way...

For many, winter pressures started early this year. As you strive to provide the best possible care for your patients in these challenging times, and we want to help and support you.

At Coloplast Professional, we have put together a new series of webinars to support your emotional and mental health in the coming months.

We'll be joined by Professor Craig White, Consultant Clinical Psychologist who will explore many of the common challenges that healthcare professionals are facing, and ways in which you can look after yourself and support your colleagues.

Join us for our next webinar on Monday 31st January at 7pm. Don't worry if you're not able to make it. All of our webinars are recorded and available on catch up at a time that suits you.

You can find more information about the series and register to attend [here](#).



This January we are excited to be launching the Coloplast Professional podcast. Starting on 12th January, a new episode will be released each Wednesday.

Join our hosts Karen and Paul as they discuss the latest hot topics in the worlds of stoma, continence care, and specialist practice with fellow healthcare professionals. Hear from stoma care and urology nurses and other professionals working in bladder and bowel care.

On the 9th February we have a special episode dedicated to nurse wellbeing. We'll talk to Dr Terri Porrett about the issues facing specialist nurses and the steps that people can take to take care of themselves and their colleagues through challenging times.

You can find out more about the podcast [here](#).

# stoma + continence *conversations*

*with*

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There are lots of sources of help and advice to help support your wellbeing. Your manager will be able to advise what help is available in your workplace but there are also many resources available online.

The NHS suggests the 5 steps to mental wellbeing are:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment – practice mindfulness

You can find more information and practical tips [here](#).