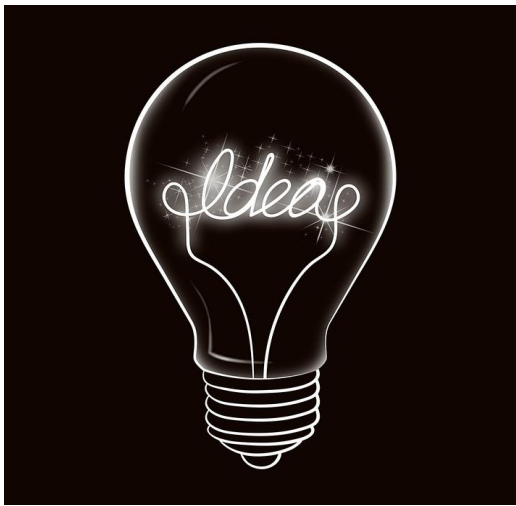




Using wellbeing themed stories and poems

Anita Phul



I began with a query about:
‘How can I inspire my patients to get better?’

“Can I use a brief snippet from a film or book to galvanise their drive to get well or to help them appreciate what they have and accept what life has brought to them with forbearance?”

Pravir Sharma, Consultant Psychiatrist, February 2014



The usual suspect questions!

What has been done already?

How is this new?

Why?

How things were shaped up



Searched for poems & stories that may help readers reflect on the following: -

Types of thinking and mindsets that may be generally helpful to improve wellbeing

Techniques humans have used to cope with hardship, a difficult start in life or challenging experiences

Putting it all onto a blog

Many Roads to Wellbeing: a reading collection



Main item Types

Short story

Poem

Fiction

True life story

Children's story

Examples of some of the wellbeing tags or themes

* Cultivating mindfulness

* Determination to achieve goals

* Dealing well with setbacks

* Treating oneself with respect & kindness

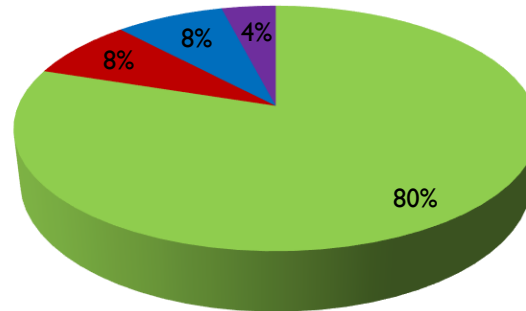
* Finding meaning

* Letting go

Initial feedback

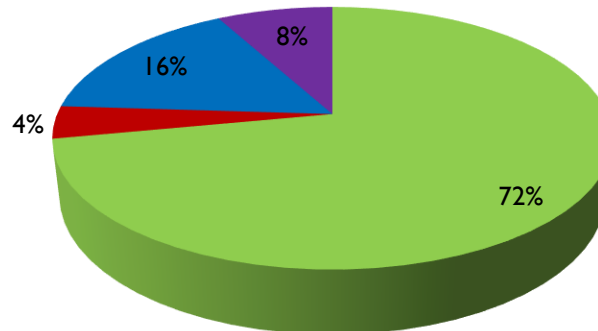
Did you gain ideas/tips to improve wellbeing?

■ Yes ■ No ■ Don't know ■ N/A



Did you gain ideas how to cope?

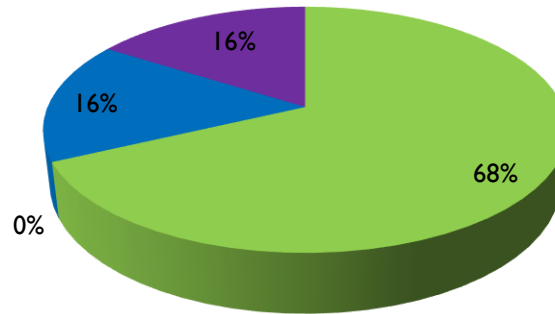
■ Yes ■ No ■ Don't know ■ N/A



Initial feedback

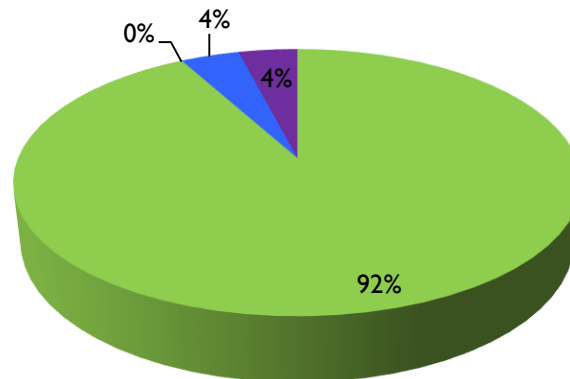
Did the reading help drive your recovery?

■ Yes ■ No ■ Don't know ■ N/A



Are you encouraged to do more reading?

■ Yes ■ No ■ Don't know ■ N/A



Feedback comments

“The idea and concept is fantastic as it provides the opportunity to read about how and what others have experienced, not just text book analysis and non personal info.”

Someone with experience of a mental health condition

“A fantastic collection of thought-provoking reading material.”

Someone with experience of a mental health condition

“Good – think I’ve got my wife interested in reading again.
Thank you.”

Carer

“We piggy-backed it onto an activity for service users.”

Member of staff

A partnership with the public library



The room and group sessions

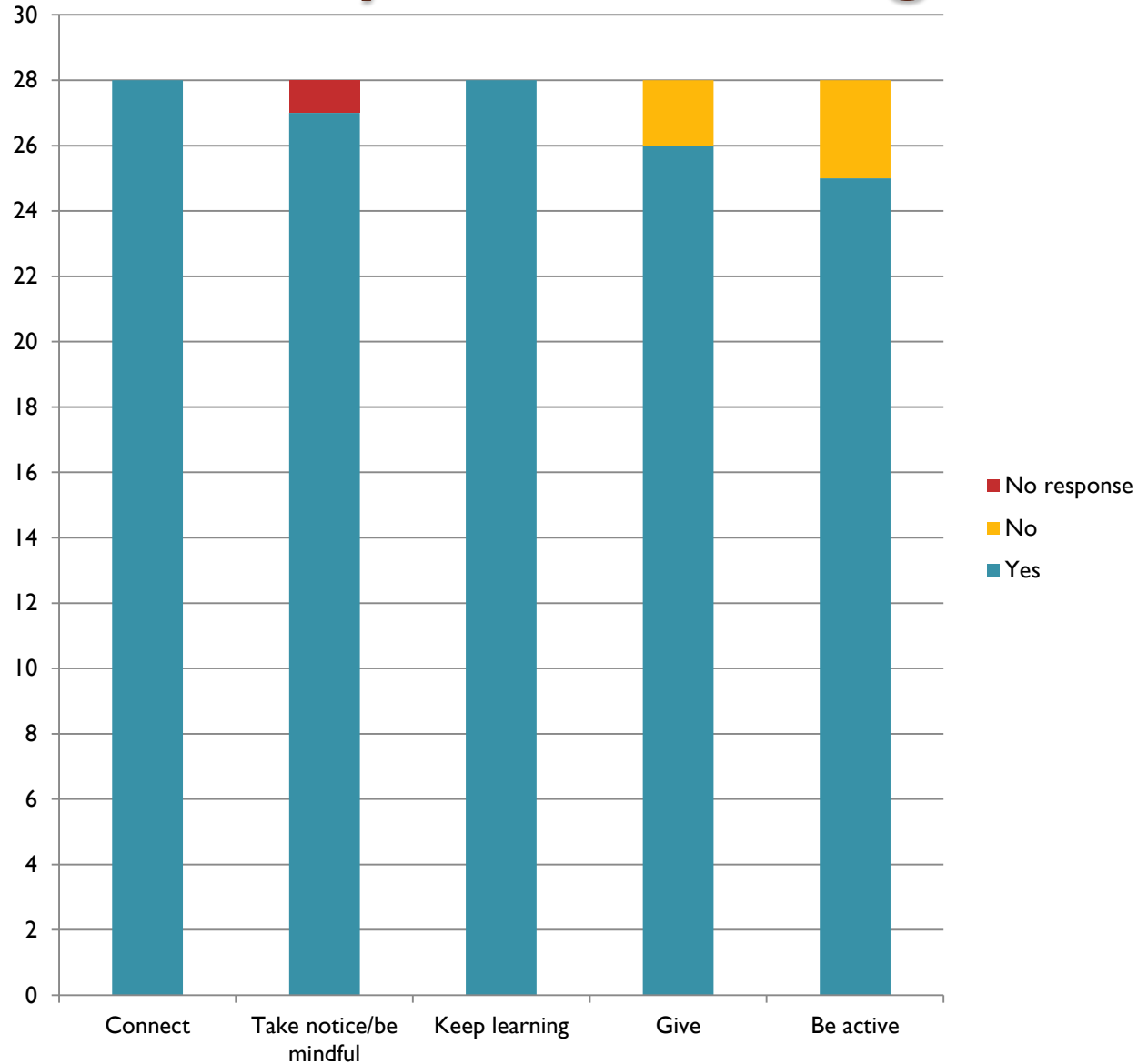


How to evaluate the group sessions for impact on wellbeing?

- Five steps to wellbeing are recommended by the National Health Service
- These are evidence based

1. Connect
2. Keep learning
3. Take notice/be mindful
4. Give to others
5. Be active

Did attending this session help with your five ways to wellbeing?



Feedback from group sessions

“I was pleasantly surprised at how much came out of the story and poem we read, as a result of reading and discussing together. I would not have got anything like so much meaning out of them by reading alone.”

“I do not usually interact with people about life struggles; or poems. Learning others’ contributions were often enlightening.”

“Good to have to think and great to talk to others, easier because of the fact we were discussing a story and poem rather than talking about ourselves. The latter could set an unwelcome context for some. Great session.”

Challenges and learning points



- Managing expectations
- Developing a very abstract idea
- Importance of feedback at each stage
- Time...


Conclusions

- The Many Roads to Wellbeing reading collection can be used by individuals to help boost their wellbeing
- The collection is also helpful used in reading groups, impacting beneficially on the five steps to wellbeing
- Health librarians can help healthcare staff and public libraries to increase reading for wellbeing activities

Future wishes



- Continue to build relationship with public library
- Patients and carers help with art work
- Sharing session plans and content

A close-up photograph of a blue marker writing the words "thank you" in a cursive script on a white surface. The marker is positioned at the end of the word "you", and its tip is resting on the paper. The background is a plain, light-colored surface.

thank
you

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