

# Data Science Graduate Programme

## Wellbeing session

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# The importance of positive wellbeing



## A recent study by 'Mind' showed that:

- 1 in 4 people will experience a mental health problem of some kind each year.
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week.

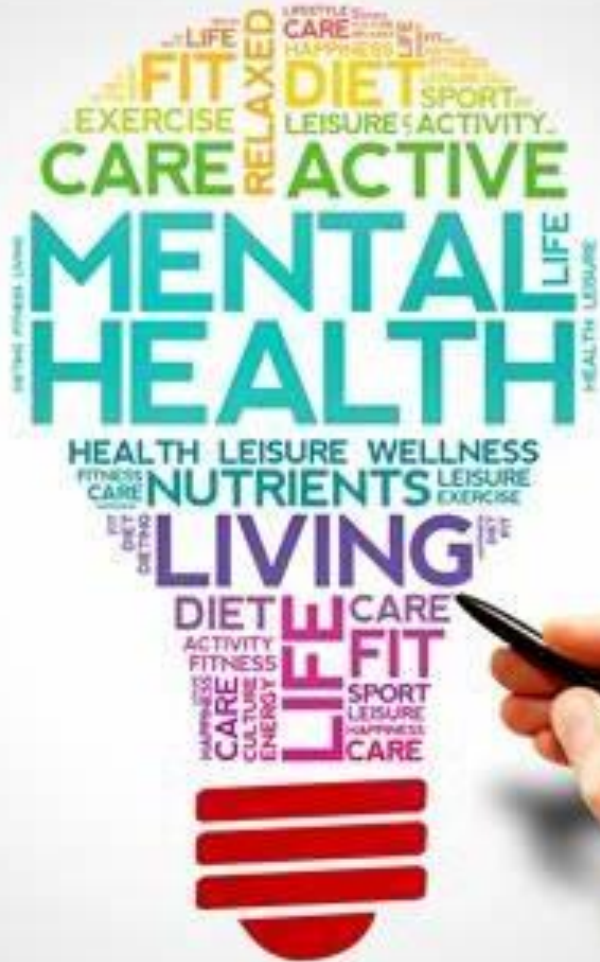
## Statistics from the WHO show:

- In 2019, 301 million people were living with an anxiety disorder including 58 million children and adolescents
- In 2019, 280 million people were living with depression, including 23 million children and adolescents

**What do we  
mean by  
positive  
wellbeing?**



# What are some factors that affect our wellbeing?



# ONS Wellbeing dashboard

The dashboard breaks down wellbeing into some of the following categories:

Personal wellbeing

Our relationships

Health

What we do

Where we live

Personal finance

Education  
and skills

Economy

Governance

Environment



# Personal Wellbeing

Life satisfaction	Feeling worthwhile	Happiness	Feeling anxious
Percentage of UK adults reporting low levels of life satisfaction <b>remains higher</b> than before the pandemic	Percentage of UK adults reporting low levels of feeling things done in life are worthwhile has <b>remained stable</b> over the last year	Percentage of UK adults reporting low levels of feeling happy has <b>remained stable</b> over the last year	Percentage of UK adults reporting high feelings of anxiety has <b>remained stable</b> over the last year

# Wellbeing at work

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**How do you  
manage  
your  
workload?**





# Understand potential causes

- The demands of the role
- Amount of control over your work
- Support from managers
- Relationships at work
- How a role fits with the wider company
- Change and the way its managed



# Imposter Syndrome

## WHAT IS IMPOSTER SYNDROME

AND HOW CAN YOU  
COMBAT IT?



Impostor Syndrome is the overwhelming feeling that you don't deserve your success. You become convinced that you're not as intelligent, creative or talented as you may seem. And you suspect that your achievements are down to luck, good timing, or just being "in the right place at the right time."

# Tips for overcoming Imposter Syndrome

1. Acknowledge Your Feelings
2. Talk to Others
3. Develop a Quick Response Plan
4. Understand Your Strengths and Weaknesses
5. Overcome Perfectionism
6. Own Your Successes





What is **Burnout**?

# Tips for managing workload and avoiding burnout:

Maintain a work-life balance

Sleep

Exercise

Stay connected

Get creative

Mindfulness





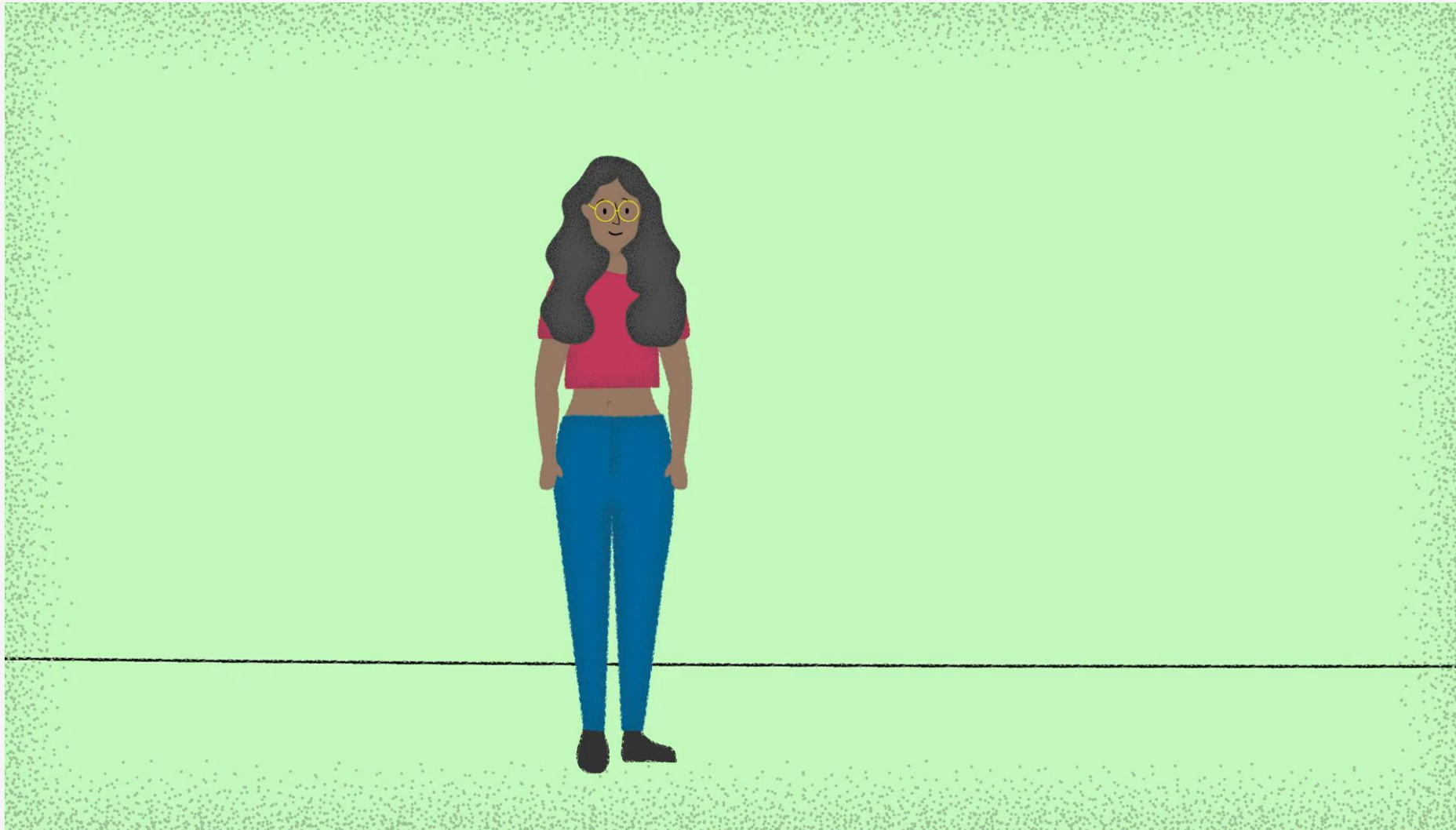
# It begins with you

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What impact  
do **you** have?

How can **you**  
make a  
difference?





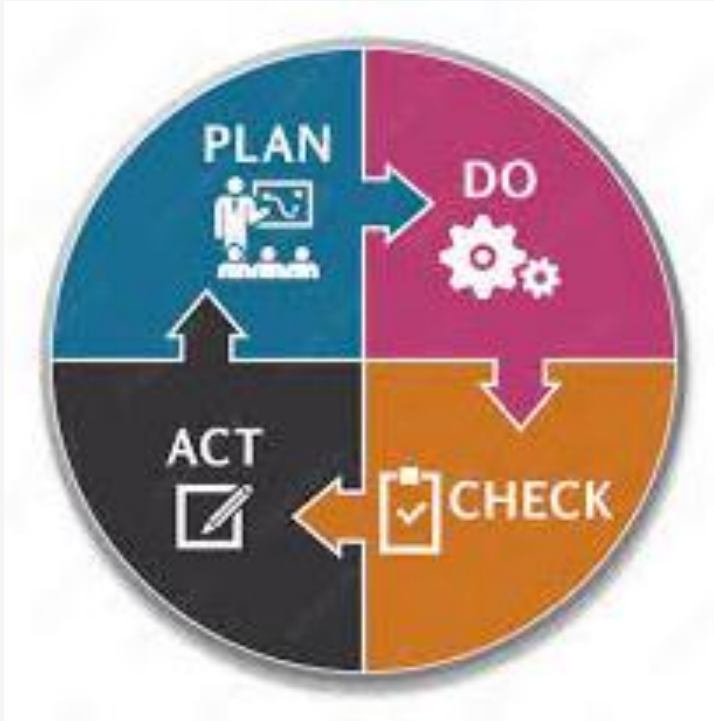
WALK  
THE  
TALK

## What can you do differently?

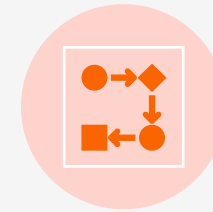
- Set the precedent for your team
- Take full lunch breaks and work sensible hours
- Promote a good work/life balance by switching off at the end of the day
- Let your team know the importance of downtime



# Time for action



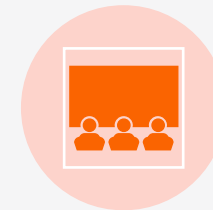
**Plan** – Have a plan of what you want to achieve



**Do** – Think how can you implement these changes



**Check** – Track your progress.



**Act** – Think how can you keep it going

# The importance of talking

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# The importance of talking

Stigma

Express  
emotions

Helping  
others

Problem  
solve

Relationships



Asking for  
help

Mental  
health

Education

Stereotypes

Not alone

# How to approach wellbeing conversations

**Step 1: Wellbeing toolbox**

- How are you?
- What has made you feel good in the last couple of days?
- What has made you feel proud recently?
- How do you feel on the scale below? (in general) - please tick.

What are you doing to support your wellbeing and resilience?

**Step 2: Drains and Triggers**

Are there situations in work or outside of work that are draining your energy and impacting on your wellbeing and resilience?

How can I support you to maintain and improve your wellbeing and resilience?

**Step 3: Early warning signs**

How does it feel when you're having a bad day? What can I look out for that would indicate you may need some help?

**Step 4: Support**

Are there people that you trust that you can turn to for support? They may be inside or outside of work. Do you know where to go, in addition to me, to seek help and guidance?

**Step 5: Plan/Next steps**

What keeps you well?  
Is there anything new that you're planning to try?

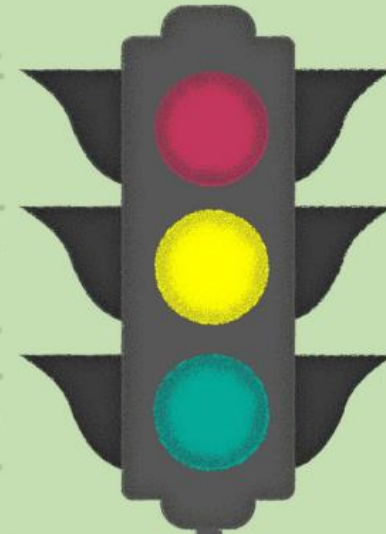
What steps will you be taking if you start to experience poor wellbeing and resilience? How can I help?

**How are you feeling today?**





# Gratitude



Write down things you're grateful for, no matter how small they might be.

“ No red lights on the way home! ”

Getting these thoughts in writing will give you something to look at whenever negative self-talk hits.

# Resources

- [Mental Health Tips](#)
- [Burnout resources](#)
- [Managing a heavy workload](#)
- [5 step Civil Service conversation tool](#)
- [Mind's guide on how to have conversations around mental health](#)
- [Imposter Syndrome and how to overcome it](#)
- [Mind's guide to managing stress at work](#)
- [Civil Service wellbeing conversation tool](#)





# Thank you for listening!

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