

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## Work life balance at last

Before self-referring to the Project, H was feeling tearful, stressed and anxious, and had not slept well for some time. She had been pulled in many directions for quite a while even though she was happy to take on other roles, as well as her working role.

H, aged sixty, works three days each week for the NHS. She also has her own business (2 days per week) that she has been building over a number of years. She intends to dedicate more time to her business once she retires from the NHS.

H's ninety-one year old mum has Alzheimer's and is cared for in a residential home. H visits her mum weekly; her father passed away a number of years ago. H has been happily married for eight years and has two daughter to her previous, abusive, husband. She also has three grandchildren to one of her daughters who is a teacher.

H's life is very busy and she feels she has no time for herself. She feels there are not enough hours in a day, or week, to fit everything in.

H works and helps with childcare for two of the younger grand children during school terms; plus other times too when needed. H is devoted to her children and new husband, but feels pressure to please all and it's taking a toll on her energy levels – she's feeling worn out.

### Our intervention

Our Coordinator worked with H on a weekly, one-to-one basis and was able to give H the time to reflect on the amount of time she is committing to her family. We connected H with 3 Pottery Workshops in her local area. This gave her the opportunity to try new things and she loved it! She was also encouraged to access on-line meditation activities, which she now undertakes weekly.

### Outcome

Following a number of one-to-one sessions with the Project, H is now feeling she has some control over her life and has made some changes that offers her some time to herself. She has reduced her NHS role to two days each week which is

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something she had been considering. She still runs her own business from home over two days which gives her an extra day to herself.

Childcare has also been reduced and her daughter has enrolled one child into a crèche and the older child into after-school activities. This arrangement still gives H some time to care for her grandchildren when it is convenient for her. H and her brother now take it in turns to visit mum in the care home fortnightly.

H has joined an online Meditation group and has been attending the local pottery class one afternoon each week. H and her husband have recently bought a caravan in a secluded Lake area which they spend each weekend chilling out and spending quality time together.

H says she feels more relaxed and is sleeping better. She feels she has control over her daily routine; is enjoying her new activities that is teaching her to look after herself better; thereby reducing her anxiety.

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