



# Mindful Mondays in General Practice

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## Why?

### Aim statement:

To increase practice staff's opportunity to relax during the work day, connect with colleagues, to feel calmer and more mindful carrying out their work within the next 2 months

- Focus on connection – potential isolation in general practice
- Taking notice - benefits of mindfulness
- NHS 5 steps to mental wellbeing
- Organic – local interest/skills

## What did we find?

- 69% of staff rarely or never found an opportunity to relax at work before mindful Mondays began.
- Only 50% of staff rated the quality of time spent with other staff members as good or very good before the project began.

## Our actions led to these improvements:

- 100% of staff felt that attending mindfulness gave them the opportunity to relax to varying degrees
- 90% of staff rated the quality of time spent with other staff members during mindfulness as good/very good.
- Surveys before and after mindfulness showed that staff were calmer after a session.



## What did we say we would do?

**Interventions / PDSA Cycles:** Weekly mindfulness session over 2 months • Average 15mins • PDSA cycles • Location • Timing • Reminders

### Measurement:

- Mix quantitative & qualitative
- Risk of feedback fatigue - Informal feedback throughout
- Questionnaires at baseline & 2 months  
Scale measures and free text

## What did we learn?

### Lessons Learned/Next Steps:

- Sustainability important - Consider from the initial planning stage.
- Collective ownership
- Consider outcome measures from start to finish
- Allow flexibility in intervention PDSA cycle
- Wellbeing initiatives valued by colleagues – start where you can

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