

## [Health and Social Care Level 3]

Subject level	<b>Level 3 Health and Social Care</b>
What if I need help? (Teacher contacts)	Keeley Crowe – <a href="mailto:keeley.crowe@wqe.ac.uk">keeley.crowe@wqe.ac.uk</a>
Estimated time required to complete activity	3 hours
Resources required: <ul style="list-style-type: none"> <li>• Podcast</li> <li>• Vodcast</li> <li>• Website(s)</li> <li>• Books</li> <li>• Video</li> </ul>	<p>Access to BBC iPlayer – Access to one episode of Ambulance</p> <p>Access to the following websites:</p> <p><a href="https://www.mindful.org/a-guide-to-practicing-self-care-with-mindfulness/">https://www.mindful.org/a-guide-to-practicing-self-care-with-mindfulness/</a></p> <p><a href="https://www.mindful.org/a-10-minute-practice-to-fully-experience-the-present/">https://www.mindful.org/a-10-minute-practice-to-fully-experience-the-present/</a></p>
Assignment details	<p>Watch your chosen episode of Ambulance via BBC iPlayer.</p> <p>Create a leaflet for Paramedics on how they can promote their own mental health through self-care and mindfulness.</p> <p>To help you create this leaflet visit the following website <a href="https://www.mindful.org/a-guide-to-practicing-self-care-with-mindfulness/">https://www.mindful.org/a-guide-to-practicing-self-care-with-mindfulness/</a></p> <p>Your leaflet should include:</p> <ul style="list-style-type: none"> <li>• A definition of mental health and mental ill health</li> <li>• Identify 4 signs/symptoms of mental ill health</li> <li>• Describe what self-care is</li> </ul>

	<ul style="list-style-type: none"> <li>• Provide 3 reasons why paramedics need to practice self-care</li> <li>• Tips on how to create a self-care plan</li> <li>• 2 ways that paramedics can practice self-care in their daily job</li> <li>• A quick guide to mindfulness and its advantages</li> </ul> <p>You can even try 10 minutes of mindfulness yourself following the instructions on the following website:  <a href="https://www.mindful.org/a-10-minute-practice-to-fully-experience-the-present/">https://www.mindful.org/a-10-minute-practice-to-fully-experience-the-present/</a></p>
<p>How to hand in my work</p>	<p>Email to <a href="mailto:keeley.crowe@wqe.ac.uk">keeley.crowe@wqe.ac.uk</a></p>

## How do I extend my learning?

- Extended reading:

Access the national careers website to find out more about what a paramedics role involves, the training required, career paths and progression

- <https://nationalcareers.service.gov.uk/job-profiles/paramedic>

### Extended Research:

Visit the two websites below to find out more about different types of mental health problems, signs and symptoms and treatment options.

- <https://www.mentalhealth.org.uk/>
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/>