

## Practices Supporting the Wellbeing of Healthcare Staff: Findings From a Narrative Inquiry

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**Abstract :** Effective local responses to community needs are grounded in contextual knowledge and built on existing resources. The SEED Wellbeing Program was created in 2020 in response to cumulative disasters, bushfires, floods and COVID experienced by healthcare staff in the Illawarra Shoalhaven Local Health District, NSW, Australia. SEED used a participatory action methodology to bring healthcare staff teams together to engage in restorative activities in the workplace. Guided by Practice Theory, this study identified the practices that supported the recovery of healthcare staff.

**Keywords :** mental health and wellbeing, workplace wellness, healthcare providers, natural disasters, COVID-19, burnout, occupational trauma

**Conference Title :** ICSWESD 2023 : International Conference on Social Work, Education and Social Development

**Conference Location :** London, United Kingdom

**Conference Dates :** April 17-18, 2023