

Team Immediate Meet (TIM)

Prepare

STOP

Assemble team

Aim for 2 minutes

Choose someone to lead the
TIM



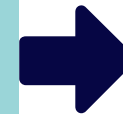
Meet

Thank everyone

What happened?
(1-2 sentences, factual)

"I hope you are okay, but it's
okay if you are not"

Explain it is normal to feel
shook up- look at the common
feelings information later



Follow up

Write a full list of those
involved to enable
supportive follow-up

Keep the list in a designated
safe place

Email list to
julia.bowditch1@nhs.net for
follow up

Take a break and read the
information overleaf

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Common feelings

It is very common to feel shook up and upset after some clinical events

Remembering, through dreams and intrusive memories, is common for a while

This usually reduces over a few days or up to 4 weeks. Seek help if this is not improving > 1 month

Contact your wellbeing team sooner if you wish

Balance avoidance

It is a balance between not thinking about it, and allowing time to think and process what you have seen. If it is still distressing when talking about it after >1month, consider seeking help

Sustained exposure to repeated intense challenges can produce more distress and fatigue than single events

Useful actions

Don't go home straight away

Talk to someone that you trust about your experiences today, or consider writing a reflection before going home.

When going home put it to bed before you go to bed.

Treat yourself as you would your best friend

Focus on doing something positive when you get home.

Put non-essential tasks on hold, get plenty of sleep, avoid excess alcohol, take some exercise and talk to people that you trust.

Consider who could be affected after a traumatic event

Cast your net widely

Look out for the quieter members of your team

Look after yourself

Lets look out for each other