



# The Body Hotel: Moving Respite

Dance/movement-based self-care burnout prevention pilot wellbeing programme and wellbeing video series.

@thebodyhotel

**Partner:** Health Education Improvement Wales  
**Funder:** Arts Council Wales  
**Collaborators:** NHS Wales University Health Boards

## Research Questions

Is it feasible to use the identified methods to evaluate the *Moving Respite* programme?

- How can dance/movement contribute to **employee wellbeing** affected by the pressures of the pandemic?
- How can *The Body Hotel: Moving Respite* inform social prescription and arts-based initiatives across Wales?
- What are the **views and experiences** of participants?

Physical symptoms of **compassion fatigue** have been deemed as the first indicators of staff risk (Nolte et al. 2017).

A recent international dance movement psychotherapy study with nurses found this intervention to **positively impact compassion satisfaction levels and decrease burnout levels** (Yilmazer 2020, p. 1).

## Programme

- 12** online weekly sessions between November 2021 & April 2022
- +** HEIW Wellbeing Week Drop-Ins
- 2** HEIW Wellbeing Week Drop-Ins
- 1** Taster Session
- 1** In-Person 3hr Intensive
- 6** Wellbeing Videos by movement specialists
- 1** Short Film Documentary

## Methods

- Purposive sampling strategy
- Data Collection
  - Focus Group In-Depth Interviews (WSSPR)
  - Intake Form (GDPR compliant software - Practice Better™)
  - Copenhagen Psychosocial Questionnaire (COPSOQ) Health & Wellbeing subscale (33 items) at beginning, end of programme and 6 weeks later
- Anonymised testimonials
- Arts-based methods (creative tasks)
- Data Analysis: Thematic analysis (WSSPR), Quantitative Data Analysed by Practice Better™

## Main reasons for joining



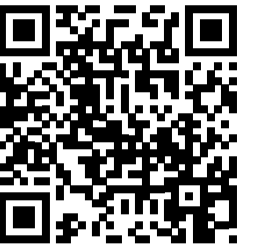
- Wellbeing (Stress/Self-Care/Mental + Physical Health)
- Professional Development (Coping strategies, Work/life balance)
- Partnerships with other University Health Boards

## Who participated?

**32** clients registered to enrol in *The Body Hotel: Moving Respite*

Participants were working in Wales in the **health & social care** sector, mainly in **administrative, arts therapies, wellbeing & organisational development** posts within HEIW and NHS UHB

Watch the case study on YouTube



## Resources

**Elliott, M., Davies, M., Davies, J., & Wallace, C.** (2022). Exploring how and why social prescribing evaluations work: A realist review. *BMJ Open*, 12(4), e057009. <https://doi.org/10.1136/bmjopen-2021-057009>

**Nolte, A. G., Downing, C., Temane, A., & HastingsTolsma, M.** (2017). Compassion fatigue in nurses: A metasynthesis. *Journal of Clinical Nursing*, 26(23-24), 4364-4378. <https://doi.org/10.1111/jocn.13766>

**Welsh Government.** (2022). Developing a national framework for social prescribing (National Framework for Social Prescribing. Consultation Document No. WG44988). Health Inequalities & Healthy Communities. <https://gov.wales/sites/default/files/consultations/2022-07/consultation-document-national-framework-for-social-prescribing.pdf>

**Yilmazer, Y. Ç., Buldukoglu, K., Tuna, T., & Güney, S. S.** (2020). Dance and Movement Therapy Methods for Compassion Satisfaction, Burnout, and Compassion Fatigue in Nurses: A Pilot Study. *Journal of Psychosocial Nursing and Mental Health Services*, 58(4), 43-51. <https://journals.healio.com/doi/10.3928/02793695-20200211-01>

## Themes

Participants reported taking part helped them to:

- **Cope** physically and mentally
- **Release stress** and relax
- **Learn** skills / resources
- Notice **behavioural change**
- Initial apprehension of being online, but noticed **benefits and comfort** once they took part
- All **would recommend** others to participate



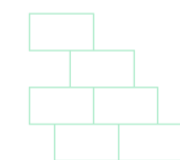
## Participants felt...

- **Safe** and **comfortable** within sessions
- **Grounded** and **joyful** following sessions
- **Connection** and **solidarity** with others
- Felt sessions were **freeing** or **liberating** with **lasting effects** beyond sessions



## Limitations

- Participants found completing the COPSOQ **challenging** and forgot to complete at end of programme
- Participants engaged with software platform **only when needed**
- **Limited engagement** with other activities outside of workshops
- Only a **small number of participants** completed interviews (n=4) due participant and researcher availability but those who attended **provided rich data**



## Recommendations



- Reviewing the use of the COPSOQ questionnaire to **gain before and after outcomes** data.
- **Promote** the use of the workshops for clients **experiencing transition** such as menopause, post-surgery.
- Consider research study **redesign** to include **mixed methods** and **social return on investment** (SROI) and submit for HCRW or NIHR grant application

## Is it feasible to use the identified methods to evaluate the moving respite programme?

It is **feasible** to use the methods to evaluate the programme but in the future **the burden of data collection should be removed** from The Body Hotel administrator and **supplemented with a research assistant**.

## Conclusion

Participants would recommend this to others.

*The Body Hotel: Moving Respite* was seen as a **safe space** where they **learned skills** and **developed resources** to prevent a reduction in wellbeing or recover from a physical or mental wellbeing experience.

