

# STAFF HEALTH & WELLBEING SUPPORT - COVID-19 SELF-CARE TIPS



## It's ok not to be ok

It is normal to feel anxious, emotional and stressed in the current situation. Feeling this way is no means a reflection that you cannot do your job or that you are weak.

Mental wellbeing and physical wellbeing are connected – looking after both is really important.



## Be kind to yourself & patient with others

Recognise that stress, anxiety or feeling overwhelmed can have an impact on how you make sense of things or process information.



## Take care of your basic needs

Stay hydrated, ensure rest & respite during work or between shifts, eat sufficient, healthy food, be active even if just for a short walk (especially outdoors) & stay in contact with friends & family.

Avoid unhelpful coping strategies such as tobacco, alcohol & other drugs.



## Remember you won't necessarily view things the same way as others

Be mindful of their feelings, avoid dramatic language that might panic others and don't minimise or ridicule their fears.



## Try breathing exercises to help calm a racing mind

Remember your thoughts are just thoughts, not facts. Try not to get too caught up in them.

Use coping strategies that you know work for you rather than trying to learn something new.



## Acknowledge the good things in your life

To help reduce constantly focusing on the negative; even recognising the small things like a smile from a stranger, a kind word or a nice cuppa can help.



## Stay connected with loved ones

Some staff may unfortunately experience avoidance by their family or community due to stigma or fear.

If possible, staying connected with your loved ones through digital methods is one way to maintain contact. Turn to your colleagues or line manager for support – your colleagues may be having similar experiences to you.



## Limit your access to news updates

The constant stream of news reports can cause anyone to feel worried. Try to limit how much you access these - Aim to get factual information updates up to twice a day.

Visit [www.gov.uk](http://www.gov.uk) & BOB for information relevant to NDHT.

