

Wellbeing Guide for staff

1. Introduction

This guide has been developed to support staff during the unprecedented circumstances of the Covid19 Pandemic, although it is relevant advice on how to maintain good wellbeing at all times. None of the information in this guidance is mandatory. We are all unique and different. What works for one person, may not work for another so read on and make use of what is beneficial to your unique self.

“Do what you can, with what you have, where you are” – Theodore Roosevelt

“Let’s take care of ourselves and each other” – Fred Rogers

2. Taking care of your mind

Look after your mental health and wellbeing if you are **staying at home**:

- Plan your day
- Move more every day
- Try a relaxation technique
- Find creative ways to connect with others
- Take time to reflect and practice self-compassion
- Improve your sleep (see [Every Mind Matters](#) website for more on this)

Taken from the [Mental Health Foundation website](#)

Why not do a **free course** with the [Open University](#)? Topics include ‘History and the Arts’, ‘Society, Politics and Law’ and ‘Languages’.

Listen to a **podcast**:

- Feel Better Live More: [Coronavirus Special: How to Manage Anxiety in a Global Pandemic](#)
- CNN - Coronavirus: Fact vs Fiction with Dr Sanjay Gupta

Spend time **reading**: [The Guardian coronavirus reading list](#) - reader suggestions to bring joy in difficult times.

Watch a **movie**: [The Telegraph](#) – 40 best comedy movies to watch during coronavirus.

Build **mindfulness** into your day:

- [Calm](#) - Sleep more. Stress less. Live better.
- [Headspace](#) – They are supporting people with a mindful approach to coronavirus.
- [Mrs Mindfulness 4 Step process using mindfulness in difficult times](#)

Some tips for **coping** at this time from [Lifeline](#):

- **Manage your exposure to media coverage** as this can increase feelings of fear and anxiety. Be mindful of sources of information and ensure you are accessing good quality and accurate information.
- **Follow a “calm yet cautious” approach** – do your best to remain calm and be mindful not to contribute to the widespread panic that can hinder efforts to positively

manage the outbreak. Ensure you are following directives issued by the government, medical advice and observe good hygiene habits.

- **Actively manage your wellbeing** by maintaining routines where possible, connect with family and friends (even if not in person), staying physically active, eating nutritious foods and seeking additional support by contacting Lifeline or further professional support as required.
- **Staying connected through the COVID-19 crisis** as connection is so important during this time. Remember – we are all in this together.

3. Taking care of your body

At this stressful time, it's important to take care of ourselves by **eating well**, getting a **good night's sleep** and practicing **good (and therapeutic) hygiene**.

Within current guidelines, try and spend some time each day in the **fresh air**, even if it is sitting on your balcony or in garden.

It's also important building some exercise into your day if you can and here are some workouts you can do at home:

- [NHS Home Workout videos](#) - A collection of 10 minute workouts
- [NHS Fitness Studio](#) - Take your pick from 24 instructor-led videos across aerobic exercise, strength and resistance, and Pilates and yoga categories.
- [Good Housekeeping](#) have rounded up the best workout resources for you to take advantage of during your time at home. These include:
 - Orange Theory
 - Barry's
 - Tone It Up
 - 305 Fitness
 - Core Power Yoga
 - Lululemon
- [Free online yoga videos](#)
- [Vinyasa Flow Yoga workout](#)

4. Taking care of your soul

Belief systems can give comfort to some but not all, prayer and/or meditation can be calming and comforting.

Try to do something for yourself and your soul each day whether it's listening to soothing music, trying to maintain an 'attitude of gratitude', appreciating nature (the swaying of a tree, the markings of a leaf, the singing of birds) and staying connected to yourself and others.

You could also practice some **random acts of kindness** during this time:

- Send someone you know a picture of a cute animal
- Send a motivational text to a friend who is struggling

- Arrange to watch a film at the same time as a friend and video call
- Reach out to call a friend, family member or neighbour who is experiencing loneliness or isolation
- Arrange a cup of tea and virtual catch up with someone you know

Taken from [Mental Health Foundation website](#)

- [Elle](#) – Coronavirus **quotes** that show Brits will always find the funny side, even in a crisis
- [BBC News](#) – Coronavirus **kindness**: The people offering help as the virus spreads

Singing is very good for the soul!

- Take part in [Gareth Malone's Great British Home Chorus](#) – register and take part in the daily rehearsals at 5.30pm on [You Tube](#)
- Watch [Camden Voices](#) deliver a beautiful virtual performance of Cindi Lauper's 'True Colours'.

Above all, stay safe and take care of each other. We will get through this. Together.

Islington Resources:

Staff Emergency Information line number: 0345 146 7527

[Looking after your wellbeing](#)

[Support to work from home](#)

[Employee Assistance Programme \(EAP\)](#)

Remember....

