

Your guide to wellbeing during COVID-19

This is an unprecedented situation – it's OK not to be OK sometimes

The most important thing throughout all of this is that you take care of you.
Practice these self-care tips every day and access the self-help resources when you need to.



Self-care tips

Use strategies that have worked for you in the past

Be kind to yourself - it is normal to feel overwhelmed during these times – this is not a reflection on your ability to do your job

Limit the news and be careful what you read

Have breaks from social media and mute things which are triggering

Take your breaks – eat something and drink plenty of fluids

If you're not feeling well, speak to someone. A trusted colleague, your manager, union representative or HR are all here to support you

Practice some basic breathing – breathe in for 4 seconds, hold for 4 seconds and breathe out for 8 seconds. This is a tried and tested technique

Look out for signs of stress in each other – does a colleague seem particularly quiet/irritable/anxious/distracted/pessimistic? Check in with each other

Share worries but also daily achievements and positives



Resources

Silver Cloud –
nhs.silvercloudhealth.com/signup
use access code: NHS2020

PAM Assist
www.pamassist.co.uk
Username: GMMH
Password: GMMH1

MIND
mind.org.uk/information-support/coronavirus-and-your-wellbeing

Every Mind Matters
nhs.uk/oneyou/every-mind-matters

Oxford Mindfulness Centre
oxfordmindfulness.org

Trade Union Representatives
UNISON@gmmh.nhs.uk or
RCN - lesley.oneill@gmmh.nhs.uk
(please put RCN in the email title)

Spiritual care
0161 271 0899 / 357 1769 or
newintranet/services/chaplaincy

Shout
giveusashout.org

Free wellbeing support helpline
Available 7am – 11pm,
7 days a week – 0300 131 7000 or
text FRONTLINE to 85258.
Text service available 24/7

ORCHA
gmmh.orchacare.co.uk

