

Top Tips for sustaining your wellbeing during the response to COVID-19

1. The Trust recognises that your work in your usual role is exceptional, and that this work is even more exceptional, in highly unusual circumstances.
2. So remind yourself and each other of the exceptional nature of the work you are doing.
3. Be kind to yourself. You are only human and anxiety in this situation is very natural.
4. If you are working in unfamiliar settings, it is very natural to feel even more unsettled and more anxious. For humans, familiarity and predictability help us feel safe so it is very unsettling when these are less present.
5. Your managers will equip you for this work and will support you.
6. If you feel overwhelmed, slow your breathing and take nice deep breaths.
7. Remind yourself of the knowledge and skills you have, and the times when you have successfully managed stressful situations in the past.
8. Remind yourself that the procedures are designed to keep you safe.
9. Do not be afraid to ask questions, or check your work with someone, or seek support.
10. If the constant news reports increase your anxiety then try to limit the amount of times you check them. You could try having fixed times in the day that you look at them and resist having a look at other times.
11. Try and keep to your usual routine as much as possible and make sure to take your breaks.
12. Rest is essential so try and keep up your good sleep hygiene habits.
13. Remember to connect with your usual ways of looking after yourself; whether that's by resting, exercising, eating healthily, spending time with family and friends, praying, or linking with your faith or local community.
14. If you use mindfulness or relaxation techniques (including apps) then use them when possible. If you don't use them then think about trying them.
15. This is a marathon, not a sprint. But remember that it is likely to be a time-limited situation.
16. And remember to support and look after each other of course. Peer support is crucial.