

Tips on promoting your mental health and wellbeing

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Public Health Workplace Health Team

Introduction

The current Coronavirus pandemic can be scary and make us feel vulnerable and overwhelmed. It's important to acknowledge these feelings and to look after our physical and mental health.

Working well means looking after your mental health and wellbeing

Please observe the Government's [Staying alert and safe \(social distancing\) requirements](#)

Useful links and resources

- Talk to your Mental Health First Aider if your company has trained Mental Health First Aiders or Champions.
- Speak to your HR or Employee Assistance Programme or Occupational Health Team if your organisation has this in place.
- Samaritans offers free, confidential support 24 hours a day on 116 123.
- National mental health services and helplines can be found [here](#) and [here](#).
- Mental Health Org has released [Looking after yourself](#) guidance.
- Every Mind Matters has published mental health and wellbeing [advice](#).
- [MIND UK](#) has produced a guide - Coronavirus and your wellbeing.
- Complete a [Wellbeing Action Plan](#) published by the Charlie Waller Trust.
- Information from Open University on Managing worries and anxieties through coronavirus (RICHARD ADD LINK HERE)

1. **Connect with others.** Stay connected via email, social media, facetime and telephone. Adjust your social media intake if it is making you anxious. If you haven't got anyone to talk to you can call emotional support lines shown in the adjacent column.
2. **Be active.** Eat healthily, drink enough water and exercise regularly. Build physical activity into your daily routine for example cleaning your home, dancing to music, [seated exercise](#), online workouts.
3. **Take notice & focus on the present.** Engage with nature. Open the windows to get fresh air, watch the birds, make the most of any private outdoor space, and listen to natural sounds apps.
4. **Stick to the facts & limit your news intake.** Do not stay glued to the news. Set yourself a specific time to read updates or limit to checking a couple of times a day – use trustworthy sources such as [GOV.UK](#) or [NHS](#) websites.
5. **Have a routine.** Maintain a sense of routine. Get enough sleep. Include time to relax. If you aren't happy with your usual routine this might be a change to do things different.
6. **Keep learning & do things you enjoy.** Keep your mind active. Do something you enjoy, such as download a podcast, watch a box set, read a book, do some art and crafts, cooking, gardening or DIY.
7. **Offer support and help others.** Helping others makes you feel good. Check in with friends, neighbours or colleagues who may be self-isolating or vulnerable.
8. **Keep your children informed** by explaining the facts but try and avoid scare stories and over-exposure to the news. Be as truthful as possible. See [talking with your children about world news](#).
9. **Take care of your immediate environment.** If you are spending a lot of time at home, you may find it helpful to keep things clean and tidy. If you live with other people, it could help to decide together how you'll use different spaces.
10. [The 5 ways to wellbeing](#) are a set of evidence-based actions which promote wellbeing, which you find useful.