

Your Wellbeing and Covid-19!

Thinking about how to keep your health and wellbeing as a top priority during the Covid-19 Pandemic?

Your wellbeing is important. It is completely normal to feel anxious, stressed, overwhelmed and fatigued during this time and so we want to share some tips about how you can look after your wellbeing at work and at home, and who you can call on for help.

At work

- **Maintain a healthy diet.**

Eating well is essential for your immune system. Try to ensure a balanced diet, with your 5-a-day and plenty of water too. The Health and Wellbeing team have Vitstix with plenty of Vitamin D, C and B12 if you would like us to send some over.

- **Exercise...**

...is really important to keeping both mind and body well. Try to do 150 minutes a week, even just doing a walk in the fresh air away from work will benefit you.

- **Sleep...**

...is important for your health – try and get 7.5 hours a night. Switch off notifications and ensure no big meals or screen-time in the hour before bed!

- **Take your breaks.**

Try and get your 30 minute break and at least spend 10-15 minutes of that away from your working environment if you can. Eating food in a staff room, going for a walk outside or reading a book are all ways to take time out.

- **Stay Hydrated.**

Water is integral for your health. Don't forget the Health and Wellbeing team have water bottles for staff, if you need some let us know and we will get some out to your areas.

- **Relax.**

Take a moment, have a deep breath. The Doncaster Wellbeing Holistic Therapy service has created a Hand Reflexology mini sequence that you can have a go at. Give yourself time to stop and do nothing.

- **Seek help if you need it.**

Stress affects everyone differently. If you start to feel overwhelmed that you are not to blame. If you feel your physical or mental wellbeing is being negatively affected – talk to us. We will share details of services you can call on for help.

- **Look after each other.**

Ask more than once. Know where to signpost your colleagues to. Share information about services.

During self-isolation/working from home

A lot of us may need to self-isolate at some point over the coming weeks. It might be that some staff can work from home, whilst others may not be able to and may need to find alternative activities to occupy their time.

It is usually not normal for people to spend an extended time in their homes as what may be necessary at the moment, so we have put together some tips that might help during this period:

- **Set a routine.**

Plan how you will utilise your time, it could be helpful to create a calendar and pop this on your wall. Think about creating a routine, including time for exercise, house chores, working and relaxation. You could introduce new hobbies for self-care and try changes to your routine that you might have already been thinking about.

- **Stay connected.**

Use telephones, digital messaging apps and video chats to stay in touch with family, friends and colleagues. Think about things you would usually do together (e.g. coffee morning), add this to your routine and have a go at doing it via digital or phone connection.

- **Fresh Air.**

Sunlight and the great outdoors can be really beneficial for our wellbeing. Do you have a local park or recreation area – try having a quick walk or eating lunch in your garden. Even just opening the windows so you can hear and smell the outside will be helpful.

- **Exercise.**

Exercise is a really important part of daily life, and whilst at home you may be moving about less than you tend to do. Don't forget to plan exercise into your routine, it can be as simple as cleaning your house, doing some seated Yoga or joining an online class. Our PAM Life app has dozens of free workout videos that you can do from the comfort of your living room (see below how to join).

- **Keep boundaries.**

You might find yourself working from home with your significant other or spending an unusual amount of time inside your house with your family. Remember everyone is different. It might help to set household rules.

- **Spend your time wisely.**

There are lots of ways to keep your mind and body active during the day. You could focus on house DIY/ de-cluttering or puzzles, books, films, crafts, writing, podcasts and exercise. Plenty of online groups are offering free writing workshops, online craft activity ideas etc. Check out [64 million artists](#) for their Create to Connect challenge starting March23.

Home Working Ergonomics

If you are working from home using computer equipment, it is important to try and ensure this doesn't have a negative impact on your musculoskeletal health.

If you are able to borrow screens and keyboards from work, this might help. Try to elevate any screens so that you're not bending your neck down. You could use books, folders or boxes to help this.

Don't forget you can contact the [Back Care team](#) who can give you more details about your home working set-up.

Think of it as 'Physical Distancing NOT Social Distancing'

Although you may be self-isolating or staying away from certain at-risk groups, this does not mean you can't still have connection or communication with people outside of your home.

Take your phone out of retirement and give your family and friends a call:

- Parents / grandparents / aunts and uncles / friends – even the ones you haven't touched base with for a while, in fact especially the ones you haven't touched base with for a while!
- Whilst you are working, pick up and have a chat with your colleagues or use Zoom to connect over video.

You can also register a Skype account to keep in touch with family and friends. Lots of messaging sites like WhatsApp and Facebook messenger also have video chat options too – perfect for starting a morning yoga routine with your sister-in-law or work buddy.

Don't forget that whilst you might be feeling out-of-the-loop, lots of other people will be in a similar position.

Social Media.

Social media can be a great way to keep in touch, however beware of 'Facebook fatigue' and anxiety-inducing pages or posts.

Did you know you can 'snooze' certain phrases or pages on some social media sites to give yourself a break, this could be really useful with some of the scaremongering happening around Coronavirus.

Tip: Snooze on Facebook by clicking the '...' button on the top right-hand corner of a post. This stops you from seeing posts from that page on your newsfeed for 30 days!

In the News.

It might be useful to keep up-to-date with what is happening, use the links below to get factual information about Covid-19:

- [Coronavirus \(COVID-19\): UK government response](#)
- [Coronavirus \(COVID-19\) NHS Page](#)
- Follow [Public Health England](#), the [Department of Health and Social Care](#) or [NHS England](#) on Twitter for updates.

Financial Wellbeing

The government is releasing information about support for people concerning Coronavirus, but that may take some time and planning.

Advice from the [Money Saving Expert](#) is updated regularly and pulls together different options that may be available.

Don't forget you should still be able to access budgeting tips and tools through the [Neyber](#) Financial Wellbeing Hub.

Panic Buying!

We understand that there may be panic buying happening across the country at this moment. You might feel despair when you go into a supermarket and see empty shelves where milk, bread, meat and pasta use to be, however it is reassuring to know that this is not due to a supply issue and that actions are been taken to prevent product-buying-on-mass.

Tip: Tesco has introduced an NHS staff shopping hour on Sunday mornings 9-10am.

We have shared some links to some simple recipes for meals that can be made using fruit, veg and tinned goods. These can be frozen and then eaten at a later date (at work or during self-isolation).

[5-a-day Tagine](#) / [Summer couscous salad](#) / [Vegetable Curry for a crowd](#) / [Moroccan sausage stew](#) / [Mixed bean chilli with wedges](#)

Don't forget to shop local, there are plenty of small independent retailers and market stalls that are still providing fresh ingredients and supplies.

Staying Positive

It's great to share and read positive stories. Keep up-to-date with all the great things happening in the world here:

The Happy Newspaper ([website](#) / [Facebook](#) / [Twitter](#))
[Action for Happiness](#) ([Facebook](#)/[Twitter](#))
[Happiful](#) Magazine

Kindness above all...

Remember to be aware of the support available. Many companies and organisations are changing the way they work in order to support local communities and NHS staff.

Any discounts for NHS staff that we become aware of we will share on the i-hub, social media and staff intranet, however if you hear of any please let us know so we can add to the list!

IAPT Safe-Space Daily Chat

The North Lincs IAPT team have created a daily phone chat opportunity for staff to call in and chat about their worries with one of the therapists.

Time: 1.30-2.30pm

The call details are:

- **Dial-in number from a UK landline:**
 - **0844 4 73 73 73**
- **Dial-in number from a UK mobile:**
 - **8 73 73**
- **You'll then be asked for a pin, please enter 836260**
- **The call will then begin.**

Contacts/Resources:

E-Learning 'Introduction to Mindfulness Training' – available via ESR

Samaritans 24/7 free phone line. **Call 116 123** Access them online [here](#).

Headspace has launched a free limited collection of meditation, sleep and movement exercises, free for all in their current situation. Click [here](#).

Mind have published information about Coronavirus and keeping well, find it [here](#).

Neyber have made their financial wellbeing hub available for all to use. Find it [here](#).

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing.

They are offering free access to NHS staff until the end of December 2020, active now.

Click [here](#) and use your NHS email to sign-up