

## Taking Care of Yourself during Covid19

Our health and wellbeing impacts our ability to live life to the fullest, to fulfil our potential and to care for others. At the Royal Borough of Greenwich, we want to enable care home staff to be able to care for themselves and others, and be able to reach out for help when they need it.

The COVID-19 outbreak is affecting us all in many ways: physically, emotionally, socially and psychologically. It is natural to have these feelings and indeed is a normal reaction to a very abnormal set of circumstances. It is okay not to be okay and it is by no means a reflection that you cannot do your job.

Some people may have some positive experiences, such as taking pride in the work they are doing and gaining satisfaction in helping others. Furthermore, the feeling of stress may be keeping you going and provide you with a sense of purpose. All reactions are normal, none is more right or wrong than another.

Managing your emotional well-being right now is as important as managing your physical health.

Below are some things to consider to support your own wellbeing:

- These times are temporary and things will get better
- Consider and acknowledge how you are feeling and coping, reflecting on your own needs and limits
- Ask for help if you are struggling. Asking for help when times are difficult is a sign of strength
- Stay connected with colleagues, managers, friends and family. Where possible do check on the needs of colleagues and loved ones
- A lot of things might feel out of your control at the moment. It can help to focus on what we can control rather than what we cannot
- Acknowledge that what you and your team are doing matters. You are doing a great job!
- Choose an action that signals the end of your shift and try to rest and recharge when you are home

If you are struggling to cope with difficult feelings or behaviours, practical issues and daily life in general a list of self-help resources, helplines and services are listed below:

### Helplines and messaging services

Helpline for Care Home & NHS staff during Coronavirus: Tel: 0300 131 7000 or Text Frontline to 85258. The link below will take to further information too. [Please click on this link to see a selection of tailored resources for social care staff](#)

Bromley, Lewisham and Greenwich Mind – Greenwich Mindline – Monday – Friday 10.30am – 4.30pm. Tuesdays and Thursdays 6pm – 9pm – they provide a range of support including individual counselling and a range of other services. 020 8853 2395. <https://blgmind.org.uk/greenwich/>

## **Bereavement Support**

If you have lost a loved one or know someone who has lost a loved one, support is available.

There are no right or wrong ways of living with, and going through grief. Be kind to yourself and know that all emotions and responses are normal and expected.

**In Bexley and Greenwich all bereavement support organisations are working together to provide tailored support for you.** A single point of access has been developed which means that you only need to look on one website or call one telephone number to talk to someone who understands and can put you in touch with the best local organisation for you:

### **Greenwich & Bexley Bereavement Help Point**

Tel: 020 8320 5833

Website: [www.gbbereavement.org](http://www.gbbereavement.org)

The national bereavement charity is called Cruse. Their website is:

[www.cruse.org.uk](http://www.cruse.org.uk) Tel: 0808 808 1677

## **FREE Support Apps**

**Sleepio** is an evidenced sleep programme using cognitive behavioural techniques to help improve poor sleep.

- Click on the following link on your laptop or desktop computer: <http://sleepio.com/nhs-staff>
- Sign up for an account using your name and email address before Dec 20
- Click 'Personalise Sleepio'.

**Daylight** is a smartphone app that provides help with symptoms of worry and anxiety, using evidenced cognitive behavioural techniques.

- Click on the following link: <http://trydaylight.com/nhs-staff>
- Answer a few short questions to tailor the programme to you.
- Sign up for an account using your name and email address before Dec 20
- Download the Daylight smartphone app (search 'Daylight - Worry Less' on both iPhone and Android).

## **Resources**

Taking Care of You – Mind Resource pack – full of practical and helpful things to think about and do.

[www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself](http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself)

Social Care Institute for Excellence has a range of information for social care staff and Coronavirus

<https://www.scie.org.uk/care-providers/coronavirus-covid-19>

British Association of Counselling – they have a wide range of materials that can help you take care of yourself in these ‘uncertain times’

<https://www.bacp.co.uk/news/news-from-bacp/2020/19-march-coronavirus-how-to-look-after-your-self-care-in-these-uncertain-times/ish>

<https://livewellgreenwich.org.uk/more-support/>

Resource name	Description
<a href="#">Going Home checklist</a>	Simple steps to help you manage your own wellbeing
<a href="#">Good Thinking</a>	Access to tips, guides, assessments and signposted
<a href="#">NHS IAPT</a>	Access to NHS psychological therapy (IAPT)
<a href="#">Covid-19 Care Platform</a>	Collection of guidance and discussions set up by Care Providers for Care Providers. Requires login.
<a href="http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself">www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself</a>	Taking Care of You – Mind Resource pack – full of practical and helpful things to think about and do.
<a href="https://www.scie.org.uk/care-providers/coronavirus-covid-19">https://www.scie.org.uk/care-providers/coronavirus-covid-19</a>	Social Care Institute for Excellence has a range of information for social care staff and Coronavirus
<a href="https://www.bacp.co.uk/news/news-from-bacp/2020/19-march-coronavirus-how-to-look-after-your-self-care-in-these-uncertain-times/">https://www.bacp.co.uk/news/news-from-bacp/2020/19-march-coronavirus-how-to-look-after-your-self-care-in-these-uncertain-times/</a>	British Association for Counselling & Psychotherapy – they have a wide range of materials that can help you take care of yourself in these ‘uncertain times’
<a href="https://londontraumaspecialists.com/resources/">https://londontraumaspecialists.com/resources/</a>	How to manage your emotions during the Coronavirus pandemic
<a href="#">‘Mental Health and Psychosocial Support for Staff, Volunteers and Communities in an Outbreak of Novel Coronavirus’</a>	British Red Cross guidance for staff, volunteers and communities
<a href="#">Mental Health at work - taking care of your staff</a>	Information and resources for Managers on taking care of your staff
<a href="#">Living with worry and anxiety amidst global uncertainty</a>	Guide to managing worry and anxiety from Practitioner Health – Psychology Tools
<a href="#">Urgent Support</a>	Numbers and links for urgent support
<a href="#">Preventing Work Related Stress</a>	Health and Safety Executive’s talking toolkit for preventing work related stress