

Staff Zone



A University Teaching Trust

Self-care during the Coronavirus period

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The current Coronavirus period is unprecedented and many of us may be feeling anxious about what it may mean. This is normal and is by no means a reflection on your ability to do your job.

During this challenging period, we all need to look after each other and our own health and wellbeing. If you have any concerns, please speak to your line manager. Additional support is available through Care First, the Trust's employee assistance service, which is available 24/7 on 0800 174319 for additional support should you need it.

Follow these tips to support your own wellbeing, so that you are able to help others do the same:

Take care of your body - Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs. Keep your usual schedule consistent when it comes to bedtimes, meals, and exercise.

Connect with others – It is important to stay connected with loved ones, even if digitally. Share your concerns and how you are feeling with your manager or colleagues, they may have similar experiences and will be a good source of support.

Take breaks - Make time to unwind and remind yourself that any feelings of anxiety will fade. Try to do activities you usually enjoy as far as possible.

Pace yourself – This situation is likely to continue for some time, it is likely to be a marathon, not a sprint. Please pace yourself, so that you will be able to help our patients and your colleagues throughout this period.

Stay informed - When you feel that you are missing information, you may become more anxious. Please visit the Trust's dedicated Coronavirus intranet page and Frequently Asked Questions for staff for advice and guidance. This is regularly

updated. In addition, we are sending a daily All Staff Coronavirus Update e-mail to all staff to keep you updated. The NHS Coronavirus website also has useful information on the latest national position: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Wellbeing resources for staff and service users

We are putting together a comprehensive overview of wellbeing resources for staff and service users which will be available shortly. In the meantime, there are some good sources of support online:

- The [Good Thinking](#) website is an NHS approved mental health and wellbeing resource aimed at those of us working and/or living in London. This will soon include some helpful advice specific to how we can look after ourselves in a time of social distancing and self-isolation.
- The [Headspace](#) website is also useful.
- [Ten Per Cent Happier](#) is a mindfulness-based app, offering free access for all healthcare workers

If you have queries or concerns about looking after your patients during this period, please speak to your line manager or the Trust Infection Control Team if you want additional advice.

