Supporting you during the COVID-19 outbreak

Tips for looking after your mental health

Infectious disease outbreaks, like Coronavirus (COVID-19), can be scary and make stress, low mood and loneliness more likely. It's normal to feel worried and anxious, but it's important to do everything we can to support and manage our mental health so we can cope with the situation we're having to face.

If you have to stay at home…

Think about self-care. If you are able to work from home, ensure you create a new routine with regular breaks and go outside when you can. Continue to do the things you enjoy, such as listening to music or find new rewarding activities to do; for instance, home exercise routines, relaxing crafts or online classes.

Avoid speculation…

Ensure your information comes from a reputable source, for example **www.cuhstaffportal. co.uk.** Rumour and speculation fuel anxieties, so accurate facts are vital.

Stay connected…

Consider ways to stay connected with those who matter to you. In times of stress, we work better in company and with support. Keep in touch with your friends, family and colleagues by phone, email, text or social media.

Talk to your family and children…

Involve them in the discussion around health. Ask children what they have heard and support them. Discuss the news with them but try to avoid over-exposure to coverage of the virus.

Try not to anticipate distress…

It is OK to feel vulnerable and overwhelmed, especially if you have experienced trauma or mental health problems in the past. This is not an indication that you cannot cope or do your job. Focus on what you can control, not the overall situation. Avoid unhelpful coping strategies, such as smoking or drinking.

Manage how you follow the outbreak…

Keep yourself informed, but if you find the news is causing you a huge amount of stress turn it off! Limit social media and time spent reading unsettling content. Find a balance that works for you.

Remember to use the resources available to you

- Health Assured 24/7 telephone counselling
- Health e-hub, Headspace and other apps
- The Psychological Wellbeing Service especially for CUH staff
- Time Out coaching
- The Freedom to Speak Up service
- Other support services

Our Occupational Health and Wellbeing team take mental health very seriously and are dedicated to supporting staff in all health at work matters.

For full details go to **www.ohwellbeing.com**