

Wellbeing Guide for staff

"Do what you can, with what you have, where you are" – Theodore Roosevelt

"Let's take care of ourselves and each other" – Fred Rogers

1. Taking care of your mind

Look after your mental health and wellbeing if you are **staying at home**:

- Plan your day
- Move more every day
- Try a relaxation technique
- Find creative ways to connect with others
- Take time to reflect and practice self-compassion
- Improve your sleep (see [Every Mind Matters](#) website for more on this)

Taken from the [Mental Health Foundation website](#)

Why not do a **free course** with the [Open University](#)? Topics include History and the Arts, Society, Politics and Law and Languages

Listen to a **podcast**:

- Feel Better Live More: [Coronavirus Special: How to Manage Anxiety in a Global Pandemic](#)
- CNN - Coronavirus: Fact vs Fiction with Dr Sanjay Gupta

Spend time **reading**: [The Guardian coronavirus reading list](#): reader suggestions to bring joy in difficult times

Watch a **movie**: [The Telegraph](#) – 40 best comedy movies to watch during coronavirus

Build **mindfulness** into your day:

- [Calm](#)
- [Headspace](#) – A mindful approach to coronavirus
- [Mrs Mindfulness 4 Step process using mindfulness in difficult times](#)

Some tips for **coping** at this time from [Lifeline](#):

- **Manage your exposure to media coverage** as this can increase feelings of fear and anxiety. Be mindful of sources of information and ensure you are accessing good quality and accurate information.
- **Follow a "calm yet cautious" approach** – do your best to remain calm and be mindful not to contribute to the widespread panic that can hinder efforts to positively manage the outbreak. Ensure you are following directives issued by the government, medical advice and observe good hygiene habits.
- **Actively manage your wellbeing** by maintaining routines where possible, connect with family and friends (even if not in person), staying physically active, eating nutritious foods and seeking additional support by contacting Lifeline or further professional support as required.

- **Staying connected through the COVID-19 crisis** as connection is so important during this time. Remember – we are all in this together.

2. Taking care of your body

- [NHS Home Workout videos](#): A collection of 10 minute workouts
- [NHS Fitness Studio](#)
- [Good Housekeeping](#) have rounded up the best workout resources for you to take advantage of during your time at home. These include:
 - Orange Theory
 - Barry's
 - Tone It Up
 - 305 Fitness
 - Core Power Yoga
 - Lululemon
- [Free online yoga videos](#)
- [Vinyasa Flow Yoga workout](#)

3. Taking care of your soul

[Random acts of kindness during the coronavirus outbreak](#)

- Send someone you know a picture of a cute animal
- Send a motivational text to a friend who is struggling
- Arrange to watch a film at the same time as a friend and video call
- Reach out to call a friend, family member or neighbour who is experiencing loneliness or isolation
- Arrange a cup of tea and virtual catch up with someone you know

Taken from [Mental Health Foundation website](#)

- [Elle](#) – Coronavirus **quotes** that show Brits will always find the funny side, even in a crisis
- [BBC News](#) – Coronavirus **kindness**: The people offering help as the virus spreads

Singing is very good for the soul!

- Take part in [Gareth Malone's Great British Home Chorus](#) – register and take part in the daily rehearsals at 5.30pm on [You Tube](#)
- Watch [Camden Voices](#) deliver a beautiful virtual performance of Cindi Lauper's 'True Colours'.

Islington Resources

Staff Emergency Information line number: 0345 146 7527

[Looking after your wellbeing](#)

[Support to work from home](#)

[Employee Assistance Programme \(EAP\)](#)