

Coronavirus (COVID-19) – Wellbeing advice for staff, patients and carers

During this difficult time, it is now more important than ever to take care of our wellbeing and our loved ones. We are all in this together as staff, patients and carers and we can only get through it together. Therefore, here are some possible suggestions that may help us all with our wellbeing.

1. STAY CONNECTED

Whether two metres apart, remotely/virtually, social media, telephone or emails, keeping in touch with our social support networks is crucial for our wellbeing.

2. SAFETY & SECURITY

Wash your hands for the recommended 20 seconds and wear appropriate personal protective equipment when necessary. Take regular breaks, attend to your nutritional needs and get enough sleep (“It’s a marathon, not a sprint”).

3. TRY A COUNTERING TECHNIQUE

Try confronting your thoughts with a rationale counter-statement (Take the advice you usually give to your loved ones). Furthermore, social stories and comic strip conversations can also help with positive self-talk and coping strategies

4. BREATHING & GROUNDING EXERCISES

Breathing exercises and essential oils can help you cope and feel more in control. Focusing our attention to the present can also reduce our future worries, which can be overwhelming.

5. LIMIT REASSURANCE SEEKING QUESTIONS

It is natural to want others to tell you things will be okay, and this may make you feel calmer temporarily. However, when you start seeking reassurance numerous times a day, it is time to take a step back.

Not all superheroes wear capes...



...some wear masks and gloves...

6. SPACES TO BE HEARD

It is crucial to actively listen to one another and be proactively open with each other. It is important to model that as carers we are also experiencing difficult emotions and that is okay. Let’s make the most out of the huddles, team meetings, reflective practice and supervision.

7. BE CREATIVE BE FLEXIBLE

Although change can be difficult a lot can be gained from accepting the situation, let’s all try to be flexible and creative with it.

8. ALLOW YOURSELF A DAILY ‘WORRY PERIOD’

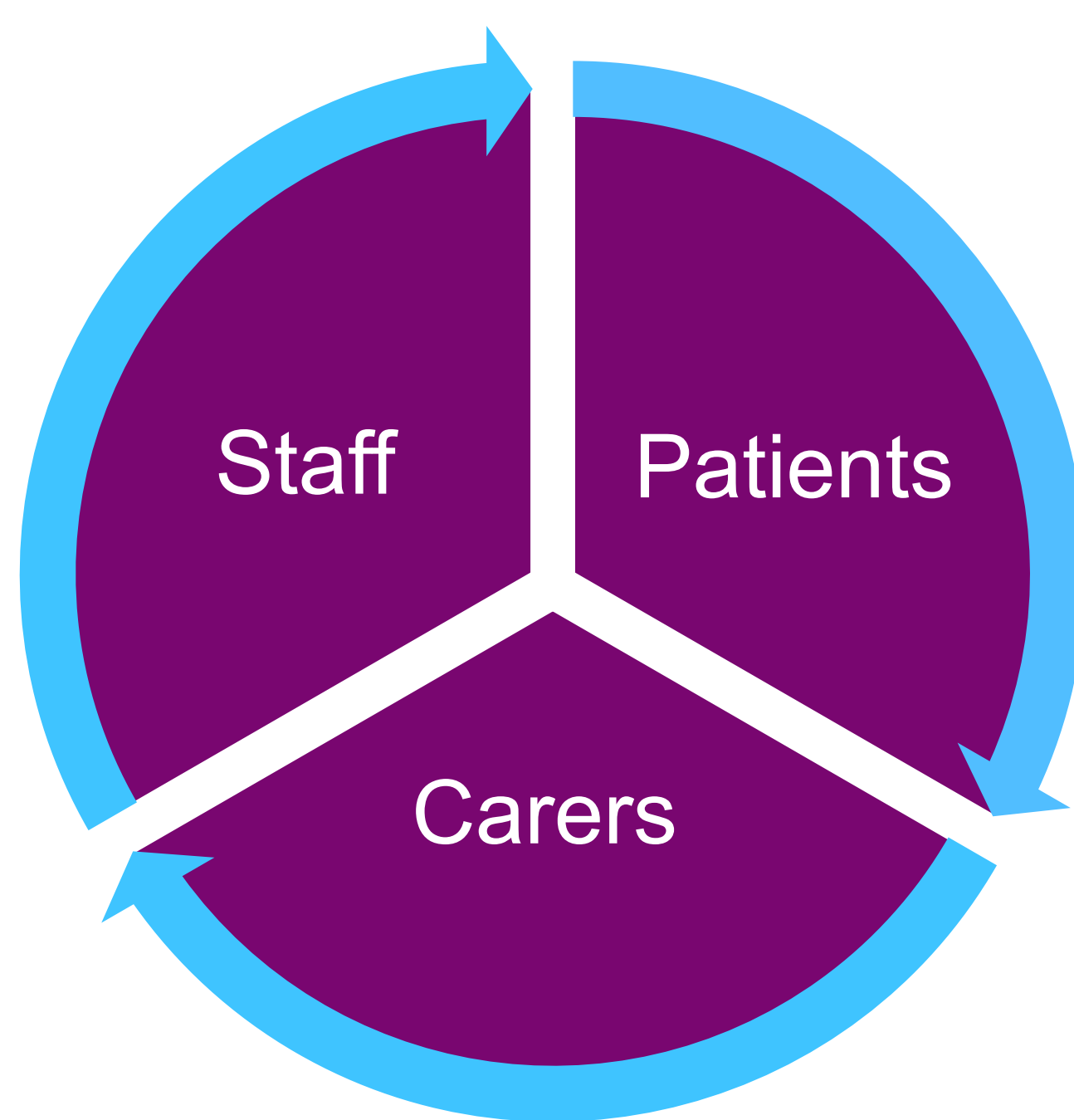
Give yourself 30 minutes a day to worry about this to your heart’s content, and then you have to go and do something else.

9. TAKE CARE WITH HEALTH-RELATED NEWS

The vast majority of us are wanting to keep up to date with the news. However, it is important to stick to reliable resources and limit our news intake. Having a news detox can give you more time to treat yourself, our next suggestion.

10. TREAT YOURSELF

Getting into a flow state can help you to treat yourself and contribute to flourishing. (This can include listening to a song you love or an activity you enjoy) and remember this too shall pass.



Questions we can ask each other

How can you keep in touch with friends and family at the moment? E.g. WhatsApp, Facetime

Where in your current environment is a place you feel safe?

Would it be helpful if we planned today together?

Can you think of anything fun you can do in your current environment?

What makes you feel calm?

What can someone else do to help?

What have you enjoyed about today?

Other Resources (Websites and apps)

- Headspace app
- www.mind.org.uk
- www.beateatingdisorders.org.uk
- Calm app
- www.wheelofwellbeing.org.uk
- National Health Service (NHS) website
- Happify app
- www.autism.org.uk
- Department of Health website



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