

Self care for staff during COVID-19



1 Feeling anxious or stressed at a time like this is completely normal



2 Managing your stress and mental health is just as important at this time as managing your physical health



3 We are sending out messages via a number of different channels to keep you informed. Try not to become overwhelmed by the wealth of information available publicly.



4 Stay connected with your loved ones. Consider digital methods such as telephone and video calling and wider social networking channels



5 Take care of your body: eat a healthy diet, exercise regularly and try to get plenty of sleep. Avoid alcohol, tobacco and drugs



6 Give yourself time - make sure you rest and unwind in your spare time. Try to continue doing things you enjoy where possible.

If you need any advice or wish to speak to someone, please contact our **Employee Assistance Phoneline on 03303 800658**. You can also contact our on-site counselling service, **Resolve on 01246 515951** or email resolve@nhs.net