

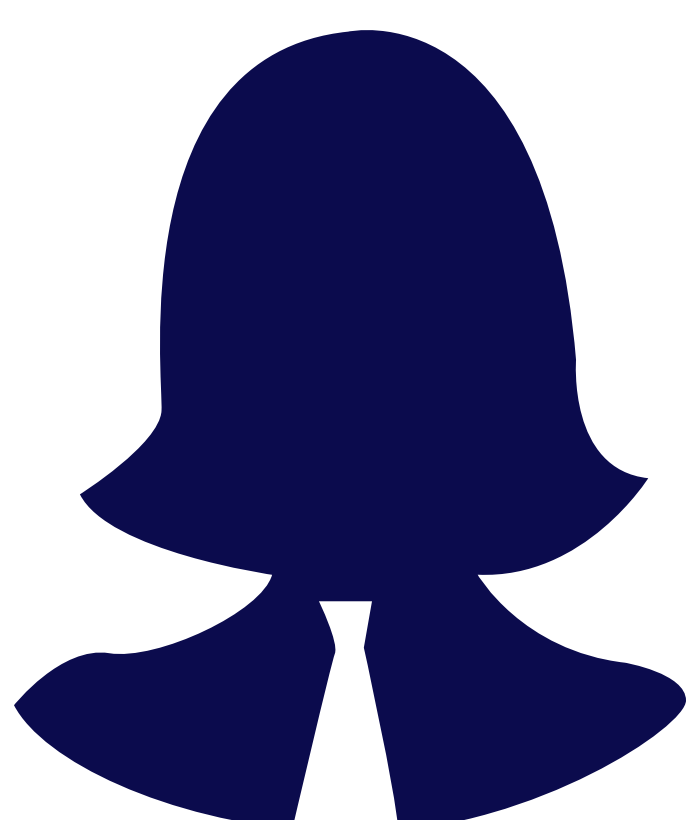
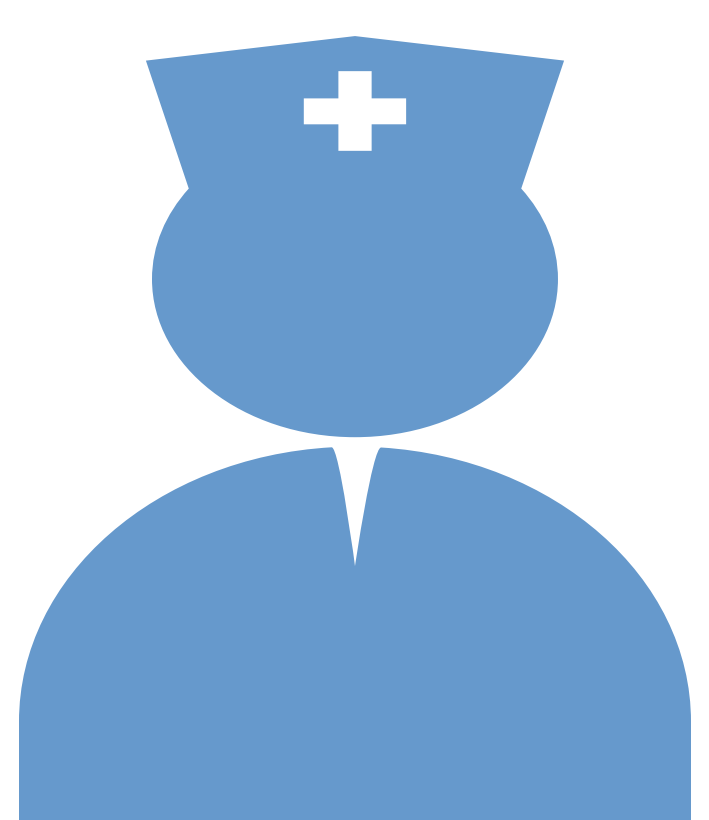
Looking after your mental health and wellbeing

Our staff and community COVID-19 resilience message

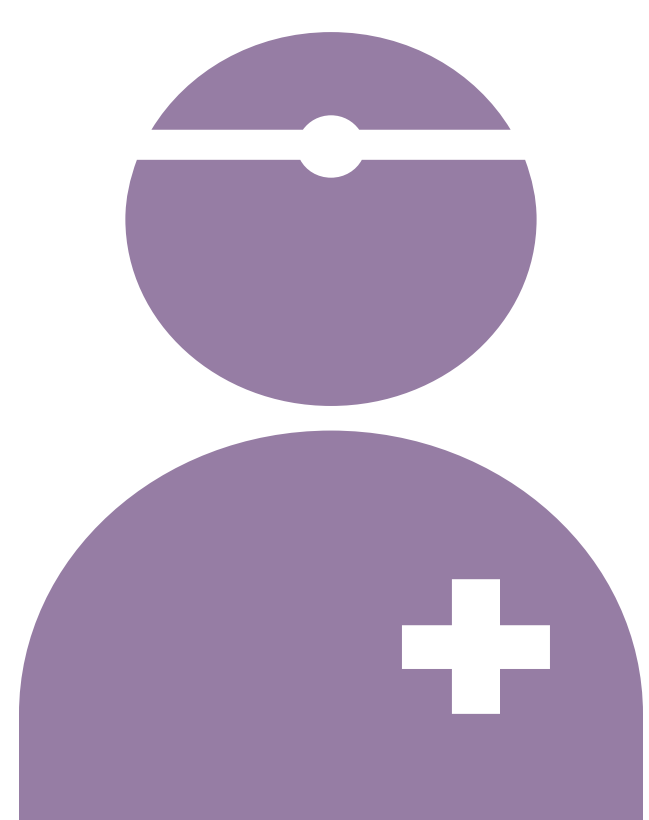
Health Innovation Network and King's Health Partners are working together to provide advice and guidance to our staff, students and the people we serve.

We are a community. We care deeply about our people and are committed to supporting your mental health and wellbeing at this difficult time.

Many people are worried about coronavirus and how it will affect them and the ones they love. If you're experiencing strong feelings like anxiety, fear, stress or frustration, know that you're not alone and reactions like this are normal in times of uncertainty.



We are all here to help and support one another to deliver the best possible care, but we understand the current situation is likely to affect mental health and wellbeing.



We are a sum of parts, and it is important to remember that we work best when we work together. We need to look after our own mental health and wellbeing and that of those around us.

This in turn will enable us to best care for our patients and the vulnerable in our communities. It is not just a nice thing to do – it is essential.

While this is likely to be a marathon, not a sprint, getting the basics right will help.

We have put together a list of six practical tips to help you during this time.



1.

Seek trusted information sources

and, if you're struggling, try to limit how often you receive news or social media updates, as over exposure can increase stress.



2.

Acknowledge your feelings

and remind yourself that you're not alone.

Be open with people you trust and take time to listen and empathise with others who are also adjusting to this current set of circumstances.



3.

Stay connected with friends and family

Reach out, set up video or phone calls and plan how to stay in contact. If you're working from home, be proactive in checking in with your team.

Be flexible, kind and understanding, and share open and honest feedback. Also consider innovative ways to stay connected with your colleagues. For example, schedule virtual coffee breaks where people can chat online, organise buddying systems with colleagues from across the organisation and even take part in team yoga sessions from your living room.



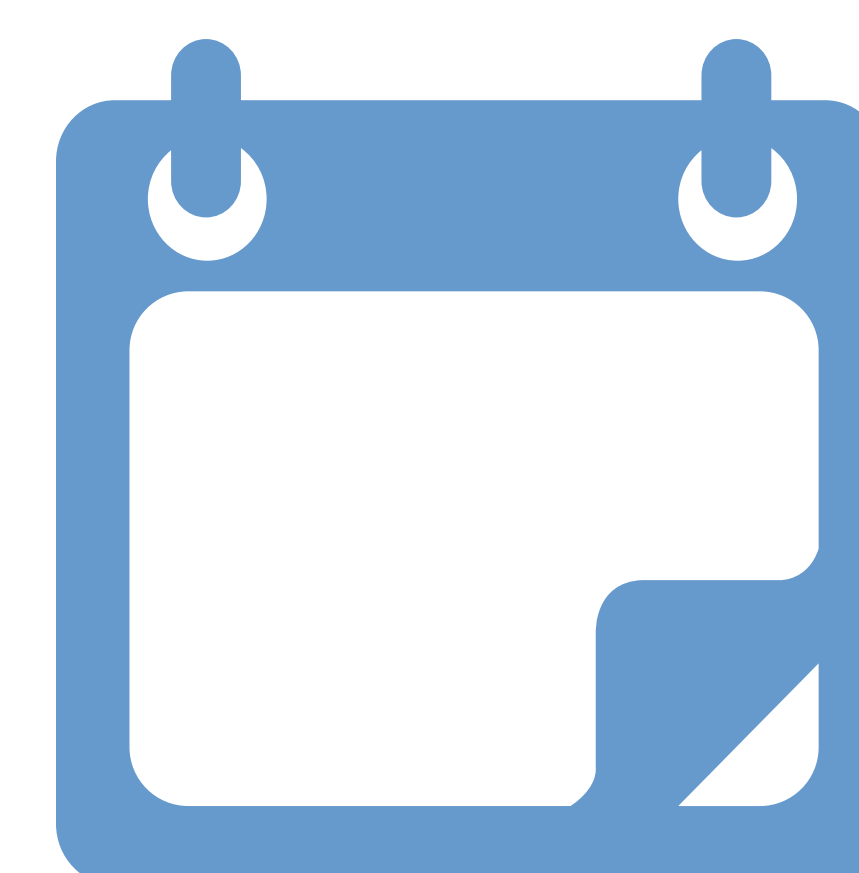
4.

Create a new routine

if your circumstances have changed.

Where possible, continue aspects of your normal routine and take part in activities that you find calming or uplifting.

For those working from home, set short-term, achievable goals for yourself. Take regular breaks and ensure you relax after your working day has finished.



5.

Create a positive environment

If you're now spending more time at home, avoid working in bed as this may lead to bad posture and poor sleep.

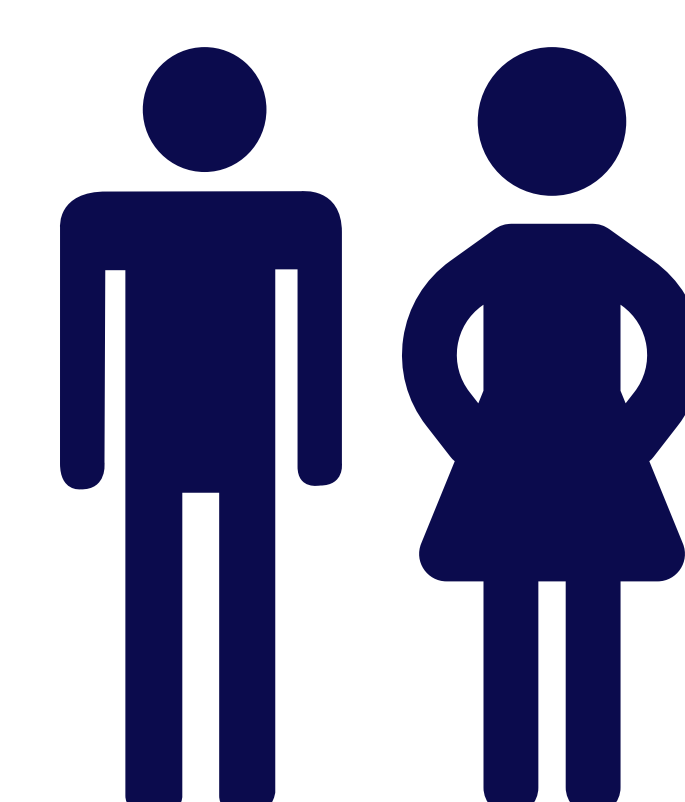


If you're able to, set aside an area 'for work' to keep it separate from home life. If you're unable to do this, make sure you take time away from the space where you work throughout the day - set calendar reminders for yourself if helpful! If you're experiencing difficulties with your new situation, communicate these to your manager or a colleague, who can help you find solutions.

6.

Take care of your body

Maintaining a healthy diet, sleep and exercise and limiting the use of alcohol and tobacco is all beneficial. Where possible, go for a walk and get



some fresh air. If you're self-isolating, bring fresh air and daylight into your home through a window.



Additional information and support:

Coping with fear, working from home and looking after yourself during self-isolation



Gov.uk: coronavirus: what is self-isolation and why is it important?
supporting and reassuring children

The Overflow: working from home tips from our experienced remote employees

PsychCentral: coronavirus anxiety – 4 ways to cope with fear

King's Health Partners staff and students: The Mind & Body Staff Health and Wellbeing Toolkit

Managing your own mental health

Mental Health Foundation: looking after your mental health during the coronavirus outbreak

Checkify: going home checklist NHS

New Horizons Mental Health Charity: mental health support
wellbeing apps available free to Londoners

Mind: what can I do when I'm feeling overwhelmed?

Ted Talk: why we all need to practice emotional first aid

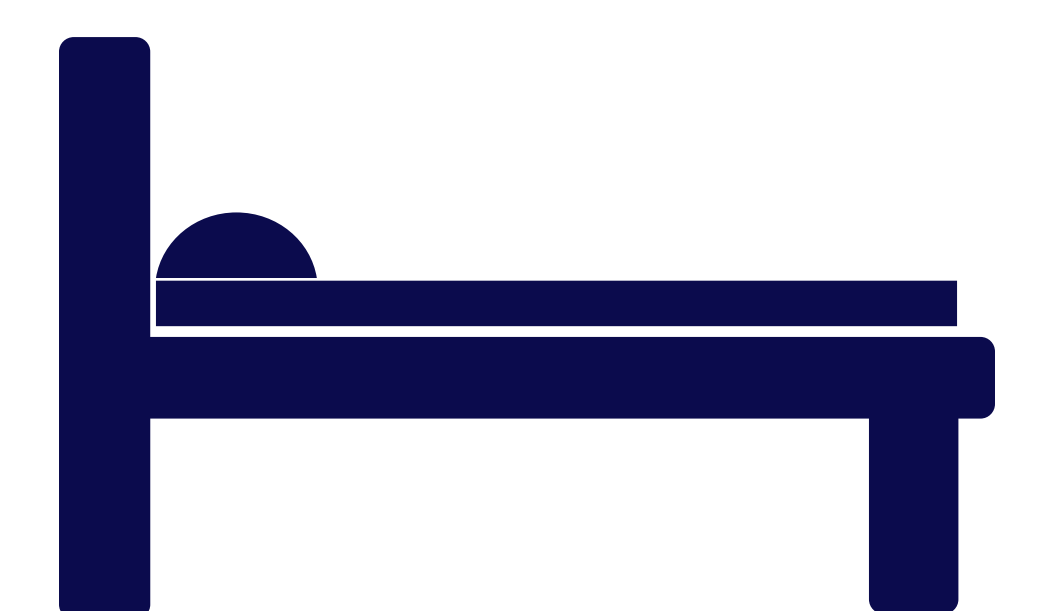


Online self-help programs you can access to help support your mental health and sleep

NHS Mental Health apps

Beating the Blues

Sleepio



Seeking support from your organisation

All King's Health Partners organisations have support available for staff. Visit your intranets or relevant staff pages for more information:

Guy's and St Thomas' NHS Foundation Trust

King's College Hospital NHS Foundation Trust

South London and Maudsley NHS Foundation Trust

King's College London

