

# Health & Wellbeing Information for Care Staff



This pack aims to provide some advice, tips and tools on how to manage stress and wellbeing.

The situation the world is dealing with regarding Covid-19 is unprecedented and it is only natural that staff and those close to them may be feeling anxious and disorientated.

We recognise that the jobs that you do make a massive difference to someone's life. Whilst this can be rewarding it can also be emotionally challenging.

It is normal to feel stressed or anxious during this difficult time so we would like to share some resources which you can use if you feel like you need some help, support or advice.

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# MANAGING EMOTIONS

It is important to gain some understanding of how to cope with your emotional response to Covid-19.

This is a simple set of solutions from Walker and Gerada (2020) which can be used by everyone.

(See opposite)



FEELING ANXIOUS, OVERWHELMED & UNCERTAIN? PLANT BOTH FEET ON THE GROUND, TAKE A FEW DEEP BREATHS & THINK ABOUT WHAT YOU DO KNOW & WHAT YOU CAN DO TODAY.



IF YOU ARE FEELING GUILTY, IT IS BECAUSE YOU ARE COMPASSIONATE & CARING PERSON & SIMPLY WANT TO HELP. REMEMBER WE ARE ALL DOING OUR BIT, NO MATTER HOW SMALL & NO MATTER WHAT IT IS WE DO.



IF YOU ARE FEELING GRIEF, TRY TO RIDE THE WAVES OF EMOTION, EXPRESS THEM SAFELY, BE PATIENT AND KIND TO YOURSELF, THIS WILL LIKELY TAKE MANY MONTHS TO PASS.



IF YOU ARE FEELING TRAUMATISED, CONNECT WITH YOUR LOVED ONES MORE OFTEN, TRY NOT TO AVOID FEARFUL SITUATIONS. REMEMBER THIS IS NORMAL & WILL LIKELY PASS QUITE SOON & LIMIT YOUR LESS HEALTHY COPING BEHAVIOURS (SUCH AS EXCESSIVE USE OF ALCOHOL).

# SYMPTOMS OF STRESS

Everyone reacts differently to stressful situations. However, pressure, fear and anxiety can be overwhelming and cause strong emotions.

If any of the emotions to the right apply to you; click on the links highlighted opposite and/or speak to a trusted colleague or line Manager.

If you are feeling emotionally exhausted, tearful, overwhelmed or flat your GP or local mental health services may also be able to help if you need more urgent support.

In addition, please watch this short video on coping with stress:

<https://vimeo.com/403652723>

Click [Here](#)



## [INSOMNIA](#)



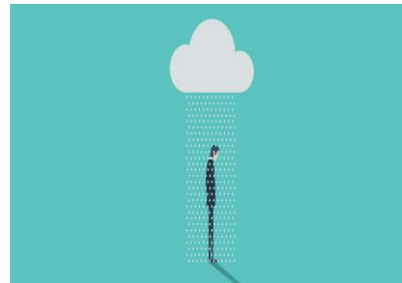
## [ANXIETY](#)



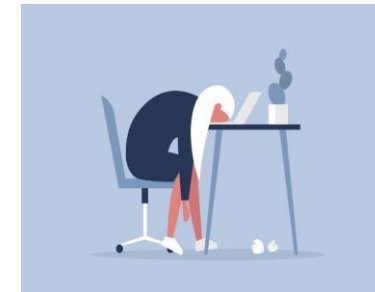
## [STRESS](#)



## [DEPRESSION](#)



## [BURNOUT](#)



## [FATIGUE / IRRITABLE](#)



## HOW TO MANAGE FEELINGS

A useful way of thinking about this is the – **Control-Influence-Accept** model.

Some situations:

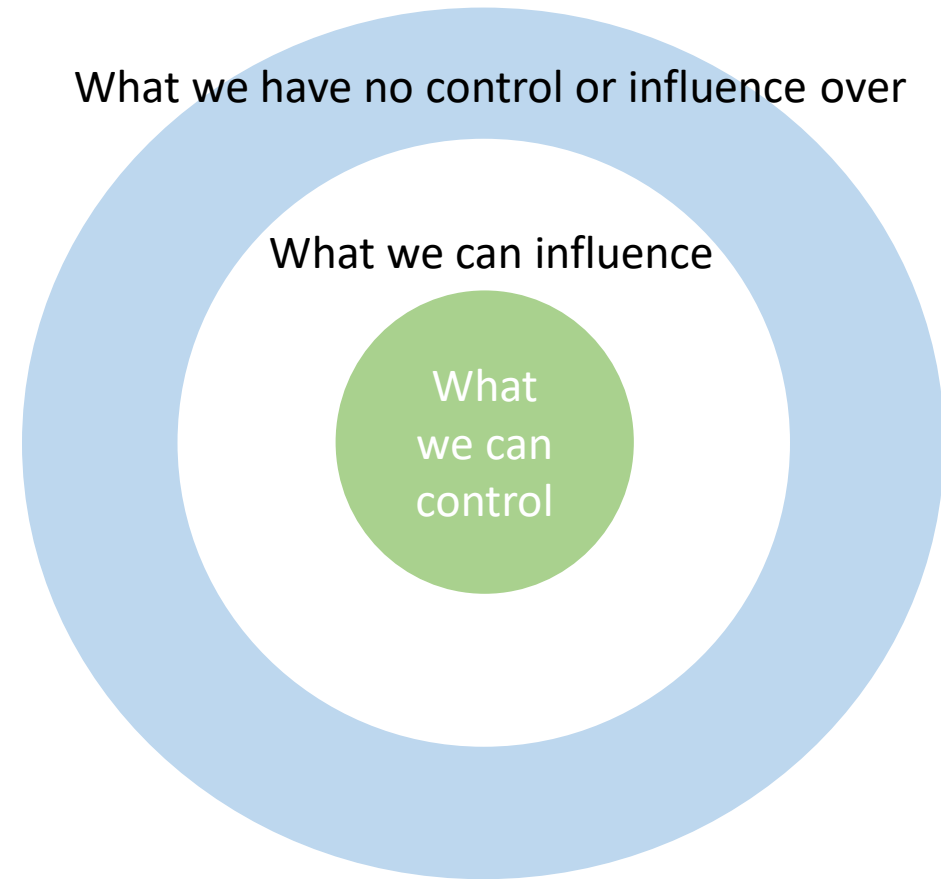
- You can control
- You can influence
- You can't control

In the case, where you have no control then acceptance is the most helpful stance.

It doesn't mean you like the situation or haven't tried your best. But it allows you to free up mental and emotional resources.

**Accepting** and focusing on what you can control can give you the strength to move on and support the next patient and/or family member.

## CONTROL, INFLUENCE OR ACCEPT?



# DEALING WITH BEREAVEMENT

A helpful framework to help you to prepare to give unwelcome news to families can be found [here](#).

<https://portal.e-lfh.org.uk/LearningContent/LaunchFileForGuestAccess/611123>



## ADVICE ON COPING WITH THE DEATH OF A PATIENT



DISCUSS & REFLECT  
WITH MENTOR OR COLLEAGUE



TALK ABOUT FEELINGS  
WITH MENTOR, COLLEAGUE  
OR FRIEND



ACKNOWLEDGE YOUR FEELINGS, IT'S  
NORMAL TO FEEL SAD OR TO WONDER  
WHAT ELSE YOU COULD HAVE DONE



BE KIND TO  
YOURSELF

# FREE ONLINE SUPPORT FOR FRONT LINE STAFF

Bitesize stress management for healthcare professionals.

Care home staff affected by COVID-19 and in need of support can access these services free of charge:



FREE SHORT DAILY STRESS MANAGEMENT CLINICS ON ZOOM. EASY TO ACCESS, QUICK MINDFULNESS STRESS-BUSTERS AND CONFIDENTIAL DISCUSSION. CLICK [HERE](#) or go to [www.covidcalm.org](http://www.covidcalm.org)



CARE HOME STAFF DIRECTLY AFFECTED BY COVID-19 AND IN NEED OF SUPPORT CAN ACCESS THIS SERVICE FOR FREE. IT'S QUICK, EASY AND ABSOLUTELY FREE OF CHARGE. CLICK [HERE](#) or go to [www.frontline19.com](http://www.frontline19.com)



FREE TEXT MESSAGING SUPPORT SERVICE. STAFF CAN SEND A MESSAGE WITH '**FRONTLINE**' TO **85258** TO START A CONVERSATION. IS A PLACE TO GO IF YOU ARE STRUGGLING TO COPE AND NEED HELP. CLICK [HERE](#) or go to [www.giveusashout.org](http://www.giveusashout.org)



CONVERSATIONS WITH CARE HOMES IS A VIDEO SERIES BY HOME LIFE ENGLAND WITH USEFUL TIPS. CLICK [HERE](#) or go to <https://www.youtube.com/channel/UCYheZELcTrekqk3k0FSAS6g/>

# KEEP INFORMED – AVAILABLE SOURCES OF INFORMATION

A wealth of information on coronavirus and wellbeing can be found at these websites.



INFORMATION & GUIDANCE ON CORONAVIRUS & YOUR WELLBEING FROM MIND, THE MENTAL HEALTH CHARITY

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse26f6e>



LIVING WITH WORRY AND ANXIETY AMIDST GLOBAL UNCERTAINTY. A GUIDE TO HELP YOU MANAGE ANXIETY

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/?highlight=GUIDE%20TO%20LIVING%20WITH%20>



SUPPORT EMPLOYERS TO DELIVER WHAT THE PEOPLE THEY SUPPORT NEED. THEY DO THIS BY HELPING EMPLOYERS GET THE BEST FROM THEIR MOST VALUABLE RESOURCE – THEIR PEOPLE

<https://www.skillsforcare.org.uk/Leadership-management/managing-people/resilience/Building-resilience.aspx>



GENERAL ADVICE FOR MANAGERS TO SUPPORT WELLBEING OF STAFF

<https://www.local.gov.uk/our-support/workforce-and-hr-support/wellbeing>  
ADDITIONAL ADVICE <https://local.gov.uk/our-support/workforce-and-hr-support/wellbeing/wellbeing-front-line-staff>



HELP FOR HEROES HAVE DEVELOPED A PSYCHOLOGICAL RESOURCE FOR HEALTHCARE STAFF – A FIELD GUIDE TO SELF- CARE

<https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/a-field-guide-to-self-care/mind/>



# TAKE SOME TIME OUT!

Promote health and wellbeing by taking time out to take care for yourself:

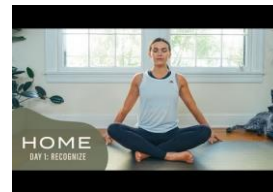
- Take regular breaks during the day
- Take annual leave if you can
- Eat well and stay hydrated
- Connect with others
- Be active



NOT SURE IF MINDFULNESS IS FOR YOU? THEN WATCH THIS TED TALK FROM HEADSPACE CO-FOUNDER ANDY PUDDICOMBE [www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes?referrer=playlist-the\\_importance\\_of\\_self\\_care](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?referrer=playlist-the_importance_of_self_care)



POPULAR PE LESSONS WITH JOE WICKS. STREAMED LIVE EVERY WEEKDAY MORNING AT 9AM. JOIN IN THE FUN!  
[www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ)



YOGA WITH ADRIENNE: DAILY YOGA ROUTINES TO AID RELAXATION. FREE VIA YOUTUBE  
[www.youtube.com/watch?v=--jhKVdZOJM](https://www.youtube.com/watch?v=--jhKVdZOJM)



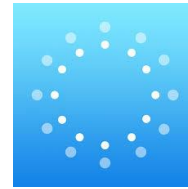
BEDTIME MEDITATION VIDEO: A SEQUENCE OF MINDFULNESS & MEDITATION TECHNIQUES IN THIS HOME WORKOUT VIDEO  
[www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/](https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/)

# FREE APPS TO PROMOTE HEALTH AND WELLBEING



WE HAVE EXPERT ADVICE AND PRACTICAL TIPS TO HELP YOU LOOK AFTER YOUR MENTAL HEALTH AND WELLBEING.

<https://www.nhs.uk/oneyou/every-mind-matters/>



JUST BREATHE: PAUSE FOR A MINUTE AND TRY BREATH TRAINING

<https://appfinder.orchac.co.uk/review/186811/>



SIDEKICK: ENGAGE IN HEALTH-IMPROVING TASKS AND EXERCISES

<https://appfinder.orchac.co.uk/review/273615/>



WORLD WALKING: EXPLORE AN AMAZING WORLD WHILST TAKING SOME EXERCISE!

<https://appfinder.orchac.co.uk/review/179738/>



HEADSPACE: LOOK AT THE SECTION ON WEATHERING THE STORM, OR TRY THE BASICS COURSE. 2 WEEK FREE TRIAL

[www.headspace.com/meditation-101/what-is-meditation](http://www.headspace.com/meditation-101/what-is-meditation)

# E-LEARNING FOR HEALTHCARE



E-LEARNING FOR HEALTHCARE: IS NOW AVAILABLE TO CARE HOME STAFF. INDIVIDUALS CAN REGISTER AND CREATE THEIR OWN LEARNING RECORD.

[www.e-lfh.org.uk/](http://www.e-lfh.org.uk/)



IHASCO HAVE KINDLY DONATED FREE STRESS AND MENTAL AWARENESS TRAINING FOR ALL CARE HOME STAFF IN THE SOUTH EAST.

STRESS AWARENESS & MANAGEMENT TRAINING

Complete your training: <https://app.ihasco.co.uk/NHS-South-East>

Find out more about the course:

<https://www.ihasco.co.uk/courses/detail/stress-awareness>

MENTAL HEALTH AWARENESS TRAINING

Complete your training:

<https://app.ihasco.co.uk/NHS-South-East>

Find out more about the course:

<https://www.ihasco.co.uk/courses/detail/mental-health-awareness-training>

# WEBSITES & LINKS

Bedtime meditation video: <https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/>

Bereavement advice: <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Covid Calm: [www.covidcalm.org](http://www.covidcalm.org)

Frontline.19: [www.frontline19.com](http://www.frontline19.com)

E-learning for health: <https://www.e-lfh.org.uk/>

Gov.uk COVID-19 action plan for adult Social Care: <https://www.gov.uk/government/publications/coronavirus-covid-19-adult-social-care-action-plan/covid-19-our-action-plan-for-adult-social-care>

Headspace: <https://www.headspace.com/meditation-101/what-is-meditation>

Help for heroes: <https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/a-field-guide-to-self-care/mind/>

IHASCO: <https://www.ihasco.co.uk/courses/detail/stress-awareness>

Joe Wicks: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Just Breathe: <https://appfinder.orchac.co.uk/review/186811/>

# WEBSITES & LINKS

Local Government Association <https://local.gov.uk/our-support/workforce-and-hr-support/wellbeing>  
<https://local.gov.uk/our-support/workforce-and-hr-support/wellbeing/wellbeing-front-line-staff>

Mind: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse26f6e>

My home life: <https://www.youtube.com/channel/UCYheZELcTrekqk3k0FSAS6g/>

The Samaritans: <https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Shout: [www.giveusashout.org](http://www.giveusashout.org)

Sidekick: <https://appfinder.orchac.co.uk/review/273615/>

Skills for Care - <https://www.skillsforcare.org.uk/Leadership-management/managing-people/resilience/Building-resilience.aspx>

UCL Video Coping with Stress: <https://vimeo.com/403652723>

World Walking: <https://appfinder.orchac.co.uk/review/179738/>

Yoga: <https://www.youtube.com/watch?v=--jhKVdZOJM>