

Top Tips for looking after yourself



There are some simple things you can do to look after your mental health and wellbeing at the current time. Looking after your mind and body will help you both at work and at home.

Remember that it is **OKAY** to struggle at the present time. Everyone reacts differently and you may feel a range of emotions at various stages of the pandemic; you may feel worried, stressed, sad, scared or helpless – these are all understandable feelings.



Take time to look after your physical wellbeing – this will have a big impact on how you feel emotionally. Taking breaks at work, maintaining a routine, eating well and exercising can help.

Look after your emotional health

Stay connected with colleagues, family and friends

Getting help and support

- **Free NHS staff wellbeing support helpline - 0300 131 7000**, available from 7am to 11pm seven days a week. To use the text service text 85258
- A range of free **NHS wellbeing resources** - <https://people.nhs.uk/help/>
- Advice and tip from **Every Mind Matters** - <https://www.nhs.uk/oneyou/every-mind-matters/>
- **Help for Heroes** have developed a useful 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/>