



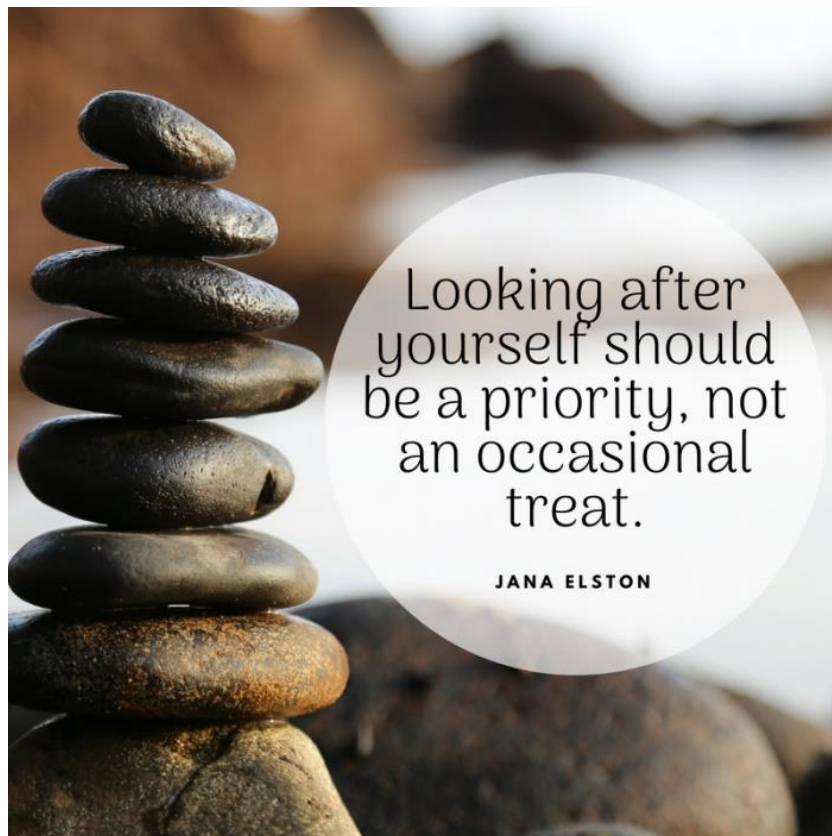
Shropshire Community Health

NHS Trust



COVID-19 RESOURCE PACK

TOP TIPS FOR SUSTAINING WELLBEING



Psychology Team, Shropshire Community Neuro Rehab Team

Overview

- This is a simple summary document of how to look after your mental wellbeing, based on the Emotional First Aid Kit and a document created by Guys and St Thomas NHS Trust.
- It can be printed off and stuck on a notice board/fridge, or simply be referred to when needed.



Top Tips for sustaining your wellbeing during the response to COVID-19

1. It is important to recognise that the current situation is highly unusual. Feelings of fear and anxiety are normal responses to the uncertainty and challenging situations we are experiencing.
2. Remind yourself and those around you of the exceptional nature of the current situation.
3. Be kind to yourself. You are only human and anxiety in this situation is very natural.
4. The government is now advising us to avoid all but essential social contact. This will mean that more of us will be spending a lot of time at home and many of our regular social activities will no longer be available to us. This can understandably add to feelings of anxiety. For humans, familiarity and predictability help us to feel safe, so it can be unsettling when these are less present.
5. If you feel overwhelmed, slow your breathing and take nice deep breaths.
6. Remind yourself of the knowledge and skills you have, and the times when you have successfully coped during difficult situations in the past.
7. Remind yourself that the government guidance put in place is designed to keep you safe.
8. Do not be afraid to ask questions or seek support from others. There are many services available to help support you during this period.
9. If the constant news reports increase your anxiety, then try to limit the amount of times you check them. You could try having fixed times in the day that you look at them and resist having a look at other times.
10. Try and keep to your usual routine as much as possible.
11. Rest is essential so try and keep up your good sleep hygiene habits.
12. Remember to connect with your usual ways of looking after yourself; whether that's by resting, exercising, eating healthily, spending time with family and friends, praying, or linking with your faith or local community.
13. If you use mindfulness or relaxation techniques (including apps) then use them when possible. If you don't use them, consider trying them.
14. This is a marathon, not a sprint. But remember it is likely to be a time-limited situation.
15. And remember to support and look after the people around you.

*Adapted from Guys and St Thomas NHS Trust