

# Now more than ever it is important to take care of our mental health and wellbeing.

## During a Pandemic DO:

- Create some routines and structure for your day
- Manage your news consumption to keep yourself informed without becoming overwhelmed
- Try to set boundaries between personal and work time to create balance
- Make time for things that bring you joy and help you relax
- Stay connected with family, friends, and colleagues via phone and online

## During a Pandemic DON'T:

- Allow too much of your energy to be spent on things you can't control
- Spend too much time on social media comparing people's best bits with your reality
- Criticise yourself or others for feeling heightened emotions
- Underestimate the impact this situation is having on your wellbeing and that of those around you
- Forget to check in with others – even those that we think are coping well could be struggling behind the scenes

*When everything is uncertain everything that is important becomes clear*

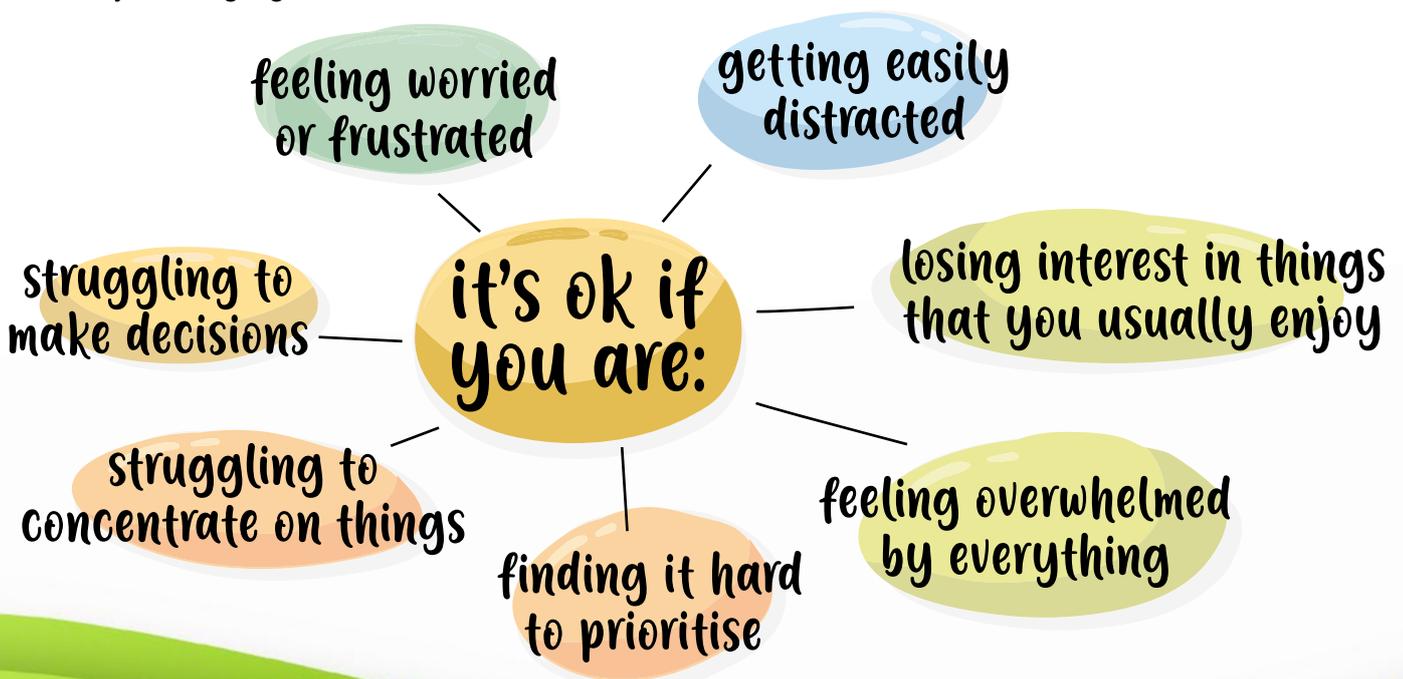
Dr Caroline Leaf

**Recognise that we are living in unprecedented times.**

We are facing pressures, demands on our time and our emotional capabilities that we have never experienced before.

## Stress

Learning to recognise your own stress triggers will enable you to prepare helpful coping strategies for when you need them. It can also be helpful to talk to your family, friends, and colleagues to learn about each other's early warning signs.



# Self-care

**Don't judge yourself or others for feeling strange in this time.**

Give yourself a break, don't set your self-expectations too high and try to focus on what you have got rather than what you are lacking.

Adapting our mindset is key. When the situation restricts what you would usually do, adapt. What could you do instead? How can you come at the problem from another angle?

## ! Reframing your thoughts during a Pandemic

I will catch the virus and become ill



I will practice social distancing, wash my hands and do everything I can to decrease my chances of becoming ill

I feel trapped at home



I get to stay safe at home

Everywhere is closed, what if I need something



Important places remain open I can access food and medical care. There are many other items I can order online

Everything seems so scary and uncertain



I can't control the situation but I can control how I respond to it. Making time for self-care and things I enjoy will help me relax and keep perspective

## 5 Ways to Wellbeing:

- **connect** - Talk and listen, be there, feel connected.
- **be active** - Do what you can, enjoy what you do.
- **take notice** - Remember the simple things that give you joy.
- **give** - Your time, your words, your presence.
- **keep learning** - Learn new things, rediscover old interests.

Ref. New Economics Foundation

BESPOKE  
WORKSHOPS  
CAN NOW  
BE DELIVERED  
ONLINE.

## Helpful resources

Public Health England - Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)  
Government advice on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak.

City Mental Health Alliance - Supporting colleagues

Resources to help organisations support their colleagues, including how to manage remote teams in challenging times.

Every Mind Matters - Coronavirus and wellbeing

Includes ten tips to help if you are worried about coronavirus, and advice on maintaining your wellbeing while staying at home.

Mental Health At Work - Coronavirus and isolation: supporting yourself and your colleagues

Mental Health At Work has grouped together resources to support one another's mental health through the outbreak and through working remotely.

Mental Health Foundation - Looking after your mental health during the coronavirus outbreak

Some tips to help you, your friends and your family to look after your mental health, including how to avoid rumour and speculation which can fuel anxiety.

Mind - Coronavirus and your wellbeing

Information including practical advice for staying at home, taking care of your mental wellbeing, and finding support for benefits or housing.

Rethink Mental Illness - Covid-19 and mental illness

Online hub of practical support and information for people living with, or supporting people with mental illness.

Samaritans - If you're worried about your mental health during the coronavirus outbreak

Support and guidance for anyone worried about their mental health.



For more information on mental health and wellbeing workplace training please visit  
[www.cjatraining.co.uk](http://www.cjatraining.co.uk)

“Your now is not your forever”

John Green

**Thank you.**

Catherine Allen  
Founder CJA Training

[www.cjatraining.co.uk](http://www.cjatraining.co.uk)

[catherine@cjatraining.co.uk](mailto:catherine@cjatraining.co.uk)  
07971 373 174

