

Covid-19

Well-being Survival Guide.

Here is a link for an animation explaining key points about the virus:

<https://www.youtube.com/watch?v=MVvVTDhGqaA>

Here are some tips to help get you through

- View this period as a different time in your life, although we have not chosen it, it does not have to be all bad - some of the unusual experiences may provide benefits.
- Although you may need to adopt a new rhythm in your life maintaining a routine may be helpful and reassuring for you and those around you.
- Make sure you find a time in the day to prioritise your own needs.
- Focus on maintaining a healthy life style - eat healthy food, not too much alcohol and get enough exercise, relaxation and sleep.
- Stay in touch with people who make you feel positive that you are no longer able to see.
- Avoid speculation as this can result in unwelcome anxious thoughts - good quality information will make you feel more prepared and calmer. Limit your exposure to the news to a level that suits you.
- Focus on the things you can control, such as how you act, who you want to support you and where you get your information from.
- Continue to access treatment and support for physical and mental health needs where possible.
- Stay on top of difficult feelings and focus on the things in your life you can control such as how you act, care for others and your lifestyle choices.

Talking to our children at this difficult time about Covid-19

- Find out what they already know.
- Discuss the news but avoid over exposure.
- Be as truthful as possible and be honest if you do not know the answer.
- Help them to feel in control by explaining the importance of hand washing, a healthy life-style and social distancing.
- This may be an opportunity for them to grow as responsible citizens by abiding by the safety measures and by being involved in supportive activities such as 'clapping for the NHS' and drawing pictures for the NHS to put in the window.
- Help them to see social distancing as an expression of love and caring and respect for each other.

- Young children may be comforted when told that there are doctors and nurses working to look after people with the virus in hospital and older children may like to hear about scientists working hard to develop vaccines in laboratories.
- Reassure them that children do not seem to be so effected by this virus.
- Explain to children that vulnerability is not a weakness but that it is a natural reaction to this situation.
- **Promote the importance of 'random acts of kindness at this time.**

If you do feel that things are getting on top of you and you need some support as a SIRONA employee you can self-refer yourself to the EAP counseling service. The information for this service can be found on the intranet. Although this service can no longer offer face to face appointments they are still offering telephone and virtual support.

Support offered by your employer Sirona

We want to ensure you are fully supported at work, and we have a comprehensive Employee Assistance Programme (EAP) in place. Provided by Validium, our EAP is a confidential service which provides free support to staff that may be faced with issues in either their work life or their home life. This may cover managing stress, financial concerns and relationship issues for example.

Support may be given in a range of ways – through online resources, assessments, and counseling or through onward referral services if required. Counseling can be arranged to be held over the internet (please see the more information document attached on E-counseling), via the telephone or face to face, and this can be at a location near you with a professional counselor.

To access these services, there is an EAP hotline which is available 24 hours a day, 365 days per year. The Freephone number for this is 0800 970 9040.

Health and Wellbeing Support for NHS staff



A comprehensive package of support to look after the health and wellbeing of NHS staff during the Covid-19 outbreak has been launched by NHS England and NHS Improvement.

The range of free psychological and practical support includes:

- A free wellbeing support helpline 0300 131 7000, operated by the Samaritans and available from 7.00am – 11.00pm seven days a week, providing confidential listening from trained professionals and specialist advice - including coaching, bereavement care, mental health and financial help. NHS staff can call for support, signposting and confidential listening.
- A 24/7 text alternative to the above helpline - NHS staff can simply text FRONTLINE to 85258.
- Online peer-to-peer, team and personal resilience support through digital mental health platform Silver Cloud and a range of health and wellbeing apps, including Unmind, Headspace, Sleep and Daylight.

The RCN also offers support

RCN members can get free, confidential support and assistance to help them deal with personal and work related issues.

The RCN counseling service is available **8.30am - 8.30pm, seven days a week, 365 days a year.**

To make an appointment call **0345 772 6100.**

Here are some other links for support that you may find helpful

- **Mood assessment tool** <https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>
- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- <https://youngminds.org.uk/> <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>
- <https://www.nhsemployers.org/howareyoufeelingnhs> - This is a really good how am I feeling interactive toolkit.

RECOMMENDED APPS

All these apps are free to download and use. Some may have in-app purchases.



CALM HARM

An app designed to help people resist or manage the urge to self-harm. It's private and password-protected.



CATCH IT

Learn to look at problems differently, turn negative thoughts into positive ones and improve your mental wellbeing.



COVE

Create music to help express complex feelings. Cove is a personal musical journal to help you with your mental health.



DISTRACT

Get quick, easy and discreet access to information and advice about self-harm and suicidal thoughts.



EQUOO: EMOTIONAL FITNESS GAME

Use adventure games designed by psychologists to increase your emotional fitness and learn new psychological skills.



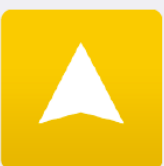
FEELING GOOD

Improve your thoughts, feelings, self-esteem and self-confidence using the principles of cognitive behavioural therapy.



MY POSSIBLE SELF

Pick from 10 modules to learn how to manage fear, anxiety and stress, and take control of your thoughts, feelings and behaviour.



STRESS & ANXIETY COMPANION

Guided breathing exercises, relaxing music and games made to help calm the mind, and handle stress and anxiety on the go.



STUDENT HEALTH APP

Access more than 900 pages of reliable, regularly updated health information created for university students by NHS doctors.



Top tips to cope with anxiety



Understand your anxiety

Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.



Challenge your anxious thoughts

Tackling unhelpful thoughts is one of the best things we can do to feel less anxious. Watch the video to find out more.

[Reframing unhelpful thoughts video](#)



Make time for worries

If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things. Watch the video for more advice.

[Tackle your worries video](#)



Shift your focus

Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

[Try NHS-recommended relaxation exercises](#)



Face the things you want to avoid

It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly building up time in worrying situations, anxious feelings will gradually reduce and you will see these situations are OK.



Get to grips with the problem

When you're feeling stressed or anxious, it can help to use a problem-solving technique to identify some solutions. This can make the challenges you're facing feel more manageable.

[From Problems to Solutions resource \(PDF, 588kb\)](#)

Although humor can feel frivolous at such a serious time it is a very effective way of reducing stress and anxiety and maintaining good well-being. So stream a funny film or your favorite comedian or join a virtual social event with some people who will make you laugh!

Here is a link to an article that the RCN recently publishes about how laughing therapy may be [https: to enhance the well-being of patients and Nurses:](https://journals.rcni.com/nursing-standard/evidence-and-practice/implementing-laughter-therapy-to-enhance-the-wellbeing-of-patients-and-nurses-ns.2019.e11064/full)

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Maybe this is the time to give mindfulness a go the MIND charity has some great guidance for incorporating mindfulness into our everyday lives:

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/>

Mindfulness exercises to try

Here are a few exercises you could try. You don't need any special equipment:

- Mindful eating. This involves paying attention to the taste, sight and textures of what you eat. For example, when drinking a cup of tea or coffee you could focus on how hot and liquid it feels on your tongue, how sweet it tastes or watch the steam that it gives off.
- Mindful moving, walking or running. Notice the feeling of your body moving. You might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces, and the different smells that are around you.
- Body scan. This is where you move your attention slowly through different parts of the body, starting from the top of your head moving all the way down to the end of your toes. You could focus on feelings of warmth, tension, tingling or relaxation of different parts of your body.
- Mindful colouring and drawing. Focus on the colours and the sensation of your pencil against the paper, rather than trying to draw something in particular. You could use a mindfulness colouring book or download mindfulness colouring images.
- Mindful meditation. This involves sitting quietly and focusing on your breathing, your thoughts, sensations in your body and the things you can hear around you. Try to bring your focus back to the present if your mind starts to wander. Many people also find that yoga helps them to concentrate on their breathing and focus on the present moment. See our page on [types of alternative and complementary therapy](#) for more information meditation and yoga.

Different things work for different people, so if you don't find one exercise useful, try another. You can also try adapting them so that they suit you and are easier to fit in with your daily life.

Further Reading

Here is a link to a recent article published by the RCN about the benefits of mindfulness and to Nurses compassion:

<https://journals.rcni.com/doi/full/10.7748/ns.2017.e106>

