

Self Care During COVID-19

This is unprecedented, it's okay to not be okay.

Managing Stress and Anxiety

- Feeling stress during these times is normal. It is not a reflection that you cannot do your job.
- Use your usual coping strategies. You may not have the emotional energy to try new ones.
- Avoid harmful coping strategies such as tobacco, alcohol and other drugs.
- This is likely to be an ongoing stressor. It will get easier if we do the right things.



Trying to manage how you follow the outbreak in the media

- Avoid rumour or speculation
- If the news starts to cause you stress or anxiety, take a break from it
- Use reliable sources of information:
 - GMMH daily briefings
 - Public Health England
 - NHS
 - GOV.UK
 - World Health Organization



Managing your mental wellbeing is as important as your physical health

- Stick to a daily routine
- Don't miss basic needs
- Have rest and respite during work and between shifts
- Eat a balanced diet
- Keep active
- It's good to talk, now more than ever.
- Seeking emotional support is a good way to minimise the impact of stress



If you are working from home or self-isolating

- Please use the points in this poster to adapt to your environment and stay healthy
- Create a daily routine to keep active and stay productive
- Keep intouch with other people regularly on social media, email, phone or video call
- Keep kind to yourself and rest if you need to



You can contact PAM Assist, the Trust's Employee Assistance Programme on 0800 882 4102 available 24/7, or visit www.pamassist.co.uk and use the Username: **GMMH** and Password: **GMMH1**

Be kind to each other. We are all in this together.

