



Looking after yourself during lockdown and remote working

SIL Staff Webinar – April 2020

Supporting disabled people since 1996



Covid-19 Lockdown



- Natural concerns about the risks associated with infection
- Many people are struggling with being in lockdown
- We are social beings
- people are at increased risk of mental ill health
- It is ok not to feel ok

- *There are things we can do to stay well*

Mental Health First Aid England guidance for homeworking



- Get up at the same time and keep your morning routine.
- Get dressed as you would for the office it will help you get into.
- Establish your workspace – try and keep it tidy and have good seating.
- Get moving –take breaks away from your desk, stretch and build in some exercise to your day.
- Get connected – stay in touch often and use video where you can. Particularly at beginning and end of day.
- Coffee break chats don't shouldn't stop now.
- Share your experience and what you are doing to cope – pet/new projects/etc photos & videos etc
- Get support – talk to friends, family and colleagues
- Stay informed – use quality assured information sources BBC/SIL briefings etc – don't follow it constantly

Anxiety and low mood



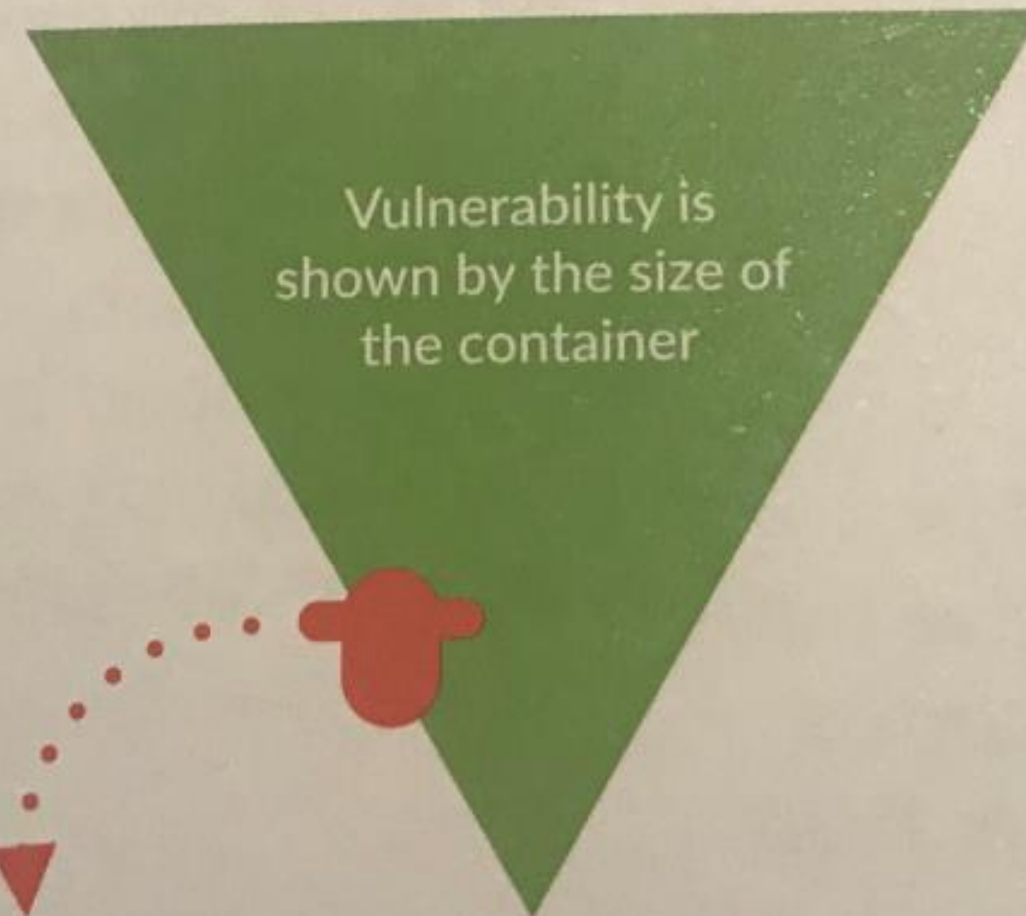
- Both significant issues
- Manage the information you are getting/seeing
- Avoid Social Media that isn't from recognised sources
- Follow guidance on hygiene and social distancing
- Talk about how you are feeling to line manager
- Set yourself some realistic and achievable goals
- Do something fun each day – build it in
- Exercise – it improves mood
- Eat and sleep well

- *Stress is a key contributor to mental and physical ill health*

Managing stress

What's in your stress container?

Stress flows into the container



If the container overflows,
problems develop -
"emotional snapping"

Helpful coping strategies = tap working lets the stress out

Unhelpful coping strategies = tap blocked so water fills container and overflows



#EMPOWER HALFHOUR

Take **30 MINUTES**
to try these activities
to boost your
wellbeing at work!



MOTIVATE

Group games and goals can help bring people together:

- Scavenger hunt
- Team quiz
- Goal setting: what will bring you closer as a team?

MOVE

Get active, a healthy body helps a healthy mind so why not:

- Set up a walking meeting
- Try chair yoga
- Bring in a fitness instructor for a lunchtime group class

SHARE

Connect with colleagues by discussing your life outside of work.

What are your:

- Secret skills
- Much-loved hobbies
- Weekend plans

BOND

Show your support for your teammates:

- Take turns to discuss each person's best qualities
- Invite someone new for coffee or lunch
- Share lunch with colleagues – each bring a different dish

DISCOVER

Open your mind and calm your thoughts:

- Try mindfulness as a team
- Explore meditation
- Turn off your tech! No apps, no emails, no talking – let your mind quieten

MHFA England has a vision to improve the mental health of the nation.

Visit mhfaengland.org to learn more and join in online with #EmpowerHalfHour.

**SUPPORTING
MENTAL
HEALTH
AWARENESS
WEEK**

13-19 MAY



Use technology



- Seeing people makes a big difference – video call (MS Teams/Zoom/WhatsApp)
- If you can't video (yet) – then telephone; speaking is better than e-mailing
- Set up Groups in MS Teams – use it as a messenger, to chat
- Reach out wider than just your core team – when you are in the office you chat to a range of people, ask them how they are doing
- SIL Staff Facebook page – password to be sent out
- Have fun – lets see who can do the funniest lockdown video.....

Be kind to yourself



- Lockdown is tough, allow yourself to acknowledge that
- Its ok not to be ok
- Talk to others about how you are feeling
- Take time out to socialise with colleagues, friends & family
- Do take time away from your desk
- Work flexibly if that suits
- Eat well and stay hydrated
- Don't be hard on yourself if you have tough days
- Do some exercise everyday

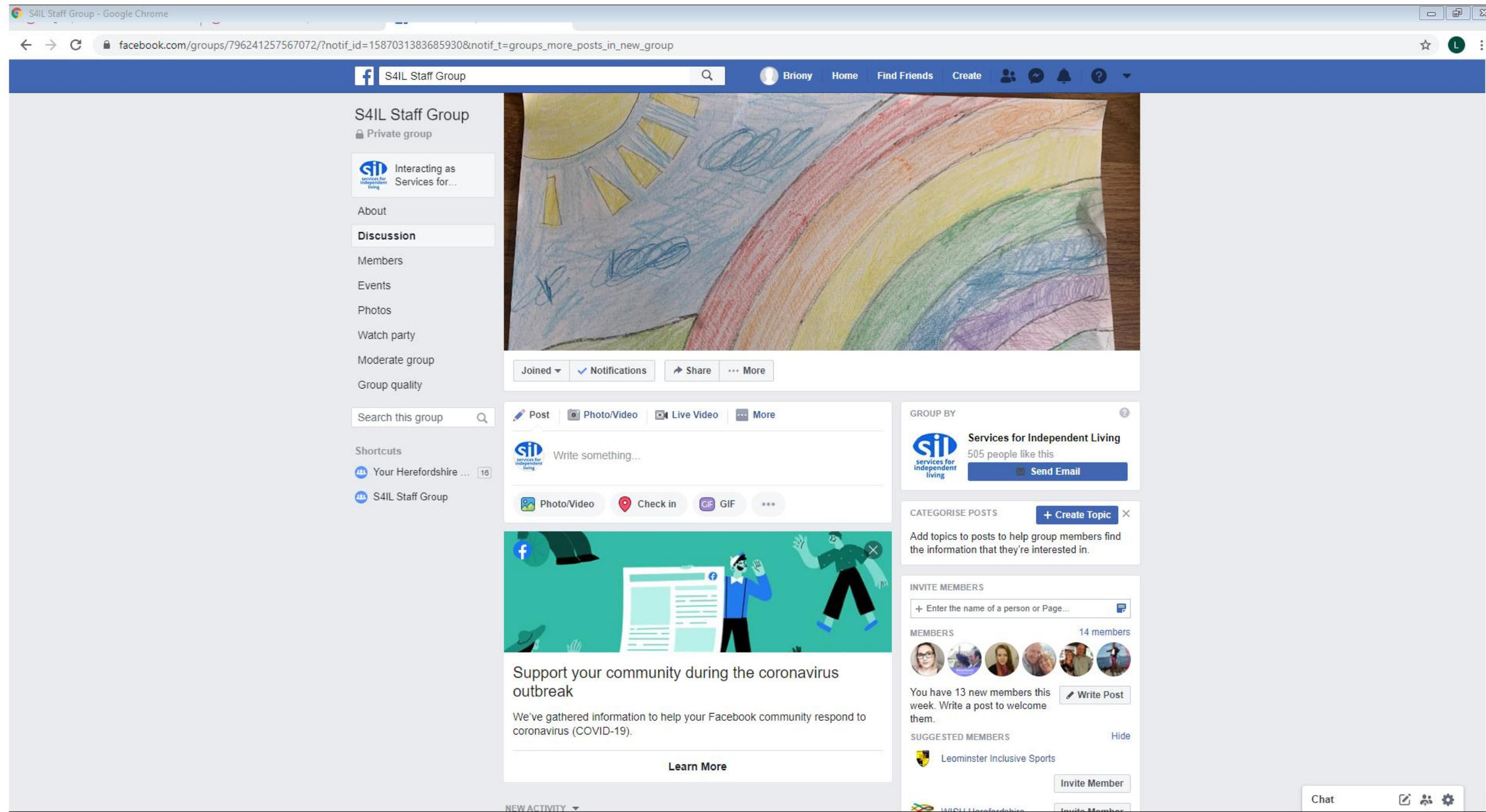
Remember your MHFA training



- Be honest about how you are feeling with yourself and others
- Listen/look for signs that colleagues are struggling and ask them if they are OK
- Give support/Listen
- Encourage people to use only quality information
- Encourage people to keep in contact with colleagues/friends/family
- Point people to the resources on the SIL Staff Facebook Page
- Eat well/healthily and keep hydrated
- Limit alcohol use
- Manage and maintain sleep patterns
- Exercise
- Use the time to do something for you

Stay safe and keep well

Use the new SIL Staff private Facebook page and SIL Website



Support your community during the coronavirus outbreak

We've gathered information to help your Facebook community respond to coronavirus (COVID-19).

[Learn More](#)