

Looking after yourself during lockdown and remote working

SIL Staff Webinar – April 2020

Supporting disabled people since 1996



Covid-19 Lockdown



- Many people are struggling with the risks and restrictions associated with Covid-19
- Support and Care Workers are Key Workers and have to continue when others have been furloughed
- We are social beings and our social interaction has changed significantly
- 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*

Ten keys to happier living



GIVING

 Do things for others


RELATING

 Connect with people

EXERCISING

 Take care of your body

AWARENESS

 Live life mindfully

TRYING OUT

 Keep learning new things


DIRECTION

 Have goals to look forward to


RESILIENCE

 Find ways to bounce back


EMOTIONS

 Look for what's good

ACCEPTANCE

 Be comfortable with who you are

MEANING

 Be part of something bigger

ACTION FOR HAPPINESS

Anxiety and low mood



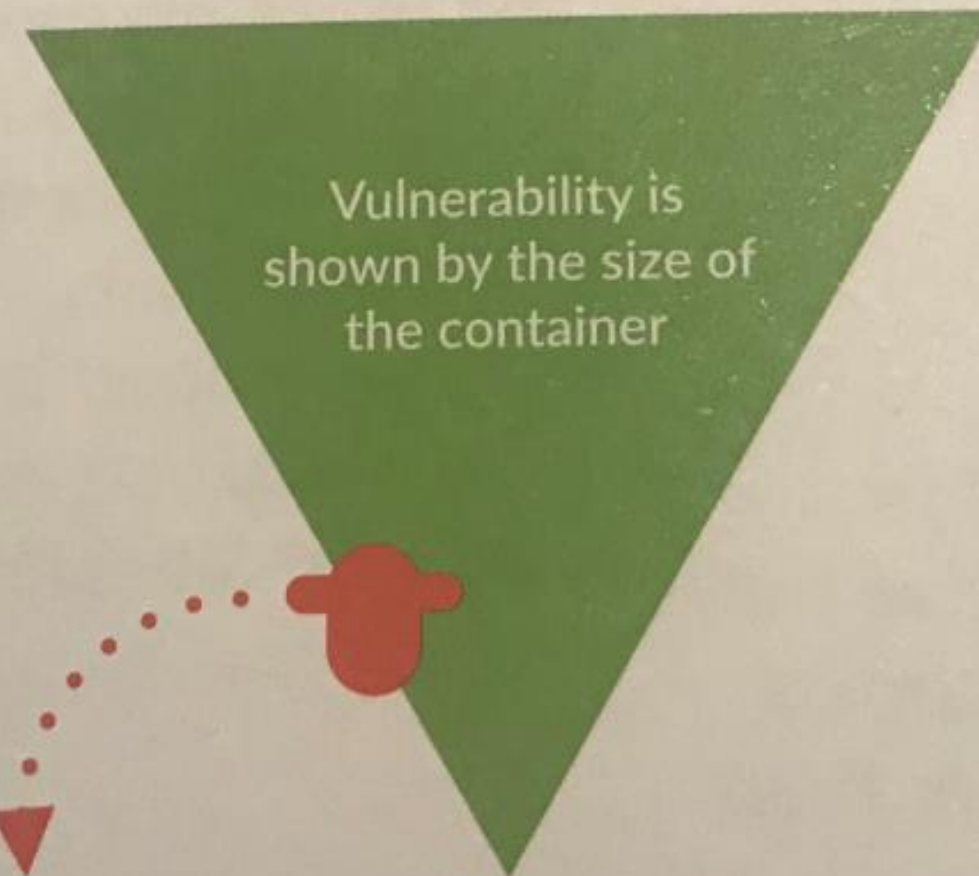
- Both significant issues
- Manage the information you are getting/seeing
- Avoid Social Media that isn't from recognised sources
- Follow guidance on PPE and social distancing
- If you have symptoms, get tested asap
- Talk about how you are feeling to line manager
- Do something fun each day – build 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 (Microsoft Teams/Zoom/WhatsApp/Facetime)
- If you can't video – then telephone; speaking is better than e-mailing
- 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
- Eat well and stay hydrated
- Don't beat yourself up 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 and website
- 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

