

Staff Health and Wellbeing Guide - COVID-19

Feeling stressed, anxious or overwhelmed? These are normal reactions. Managing your stress, psychological and physical health at this unprecedented time is key, alongside taking care of your basic needs.

This quick guide is the start of a range of measures to support MSE staff across the Group. More information on managing your health and wellbeing will be shared on a regular basis as it becomes available.

Please follow and tweet @HealthyMeAtMSE for more helpful advice and support.



COVID19 Guidance


For the latest information on staying safe from COVID19 please refer to the official channels and MSE regular communications from MSE Chief Medical Officer. Please note this changes daily.

Public Health England	https://www.gov.uk/government/collections/wuhan-novel-coronavirus
NHS England	https://www.nhs.uk/conditions/coronavirus-covid-19/
A free e-learning programme in response to COVID-19 has been developed by Health Education England (HEE).	https://www.e-lfh.org.uk/programmes/coronavirus/
Managing mental health challenges faced by healthcare workers during covid-19 pandemic, BMJ, 26 March 2020	https://www.bmj.com/content/368/bmj.m1211 Support includes full and frank communication of situations staff face, help staff make sense of the morally challenging decisions, reach out to staff who are unavailable and provide peer support.



Staying Well

In order to look after others, staff need to take care of themselves¹.

- ✓ **Take care of your basic needs** Rest, refuel and remain active. Regular physical activity is known to have significant benefits towards physical and mental wellbeing.
- ✓ **Take a break** The workload and pressure is likely to increase so pace yourself. Taking a 5 minute break will avoid burnout - get some fresh air, take a walk.
- ✓ **Connect with other people** Develop and maintain social relationships with, family, friends, colleagues and neighbours are critical for health and wellbeing – stay in touch as much as you can by phone and virtually. 
- ✓ **Pay attention to the present moment - mindfulness** We all react to stress differently so identify and practice coping strategies. Paying more attention to the present moment can improve your mental wellbeing so that instead of being overwhelmed, you will be more able to manage thoughts and feelings, your body and the world around you (see below).
- ✓ **Seek help when needed** Reach out for support at the earliest opportunity. Check your colleagues are ok and know where to signpost them to support (see attached list).
- ✓ **Working from home** Try and stick to your usual routine and stay in regular contact with colleagues to support each other and where you can, opt for the video option on StarLeaf to feel connected and keep communication positive. Try to establish a workspace at home and keep boundaries between work and home life.

¹ 5 steps to mental wellbeing <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Mindfulness resource

There is strong evidence mindfulness improves stress, depression and anxiety².

- ✓ Free weekly sessions and guided mindfulness to do at work and home available from an MSE partner. Join sessions from your phone, iPad or home lap top if firewall issues
- ✓ Leaflet on mindfulness exercises to do at home and work
- ✓ Free easy to use App 'Headspace for the NHS', for all NHS staff

<https://us15.campaign-archive.com/?e=%5BUNIQID%5D&u=bb212d9ac9fa6566c51a9df87&id=c5b27f4067>



FACE COVID eBook -
by Russ Harris.pdf

<https://www.headspace.com/nhs>



² Shonin, E., (2015) Does mindfulness work? BMJ 2015; 351 <https://doi.org/10.1136/bmj.h6919>

Directory of Support for MSE Staff

Occupational Health	Multi-disciplinary team that assesses staff fitness for work and identifies risks using evidence based guidance <ul style="list-style-type: none"> Assess staff with high risk health conditions and advise on adjustments Pre-employment checks and immunisations COVID related activity where line managers are unable to risk assess staff 	Call 01268 524900 (ext 1229) Open 08:00-16:30 Email occhealth@btuh.nhs.uk
CiC for BTUH and SUHT staff	An independent, free and confidential advice service offering practical or emotional for staff experiencing either work or personal issues. Support varies from counselling to financial and legal advice.	Call 0800 085 1376, Open 24/7/365 Email assist@cic-eap.co.uk ,
Psychological Therapies Service for MEHT staff	A confidential self-referral service available to staff experiencing stress inside and outside work. Support includes individual consultations, ward meetings and one-off incident management sessions.	Call 01245 514838
Pastoral Care	The Chaplaincy is a multi-faith team that provides emotional, pastoral, cultural, ethical, spiritual and religious support to staff, patients and their loved ones. The team support anyone in need irrespective of religious belief.	BTUH ext: 3503 chaplaincy@btuh.nhs.uk MEHT ext: 5244 meht.chaplain@meht.nhs.uk . SUHT ext: 6453
MIND	Providing advice and support to empower anyone experiencing a mental health problem and supporting those that might feel anxious or worried about coronavirus. https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/	Call 0300 123 3393 Open 9am-6pm, Mon-Fri Email info@mind.org.uk
Samaritans	Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year. https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/	Call 116 123 Open 24/7/365 Email jo@samaritans.org