

Protecting your mental wellbeing during the Covid-19 pandemic Information for key workers

As a key worker on the frontline, you may feel particularly anxious and afraid at this difficult time. It is therefore important to make sure that you are looking after your mental wellbeing as well as your physical health.

We have compiled some of the information which is being offered by various organisations to help with your mental wellbeing during this period.

Staying well at work - Specific guidance and support for health and care workers

LLTF have designed a visual resource, specifically for health and care staff, explaining how you can look after yourself during the pandemic. The resource also links to a CBT programme that can be accessed for free by NHS workers and their families.

[Click here to view](#)

Talk about your worries

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Talk with your employer

You might want to talk with your employer and to [understand your sick pay and benefits rights](#).

Find out whether your employer provides an Employee Assistance Programme or Occupational Health Service.

General resources for looking after mental wellbeing

Content from PHE and NHS/Gov.uk Covid-19 – Latest advice 30/03/20

The coronavirus (COVID-19) outbreak means that life is changing for all of us for a while. It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated.

It's important to remember it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass. There are some simple things you can do to help you take care of your mental health and wellbeing during times of uncertainty. Doing so will help you think clearly, and make sure you are able to look after yourself and those you care about.

Here are just two of the tips to improve your mental wellbeing:

Focus on the present

Focusing on the present, rather than worrying about the future, can help with difficult emotions and improve our wellbeing.

[Relaxation techniques](#) can help some people deal with feelings of anxiety.

Look after your sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it is important to get enough. Try to maintain regular sleeping patterns and keep up good sleep hygiene practices – like avoiding screens before bed, cutting back on caffeine and creating a restful environment.

Every Mind Matters - 10 ways to improve your mental health



<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

NHS - Learn more about mental health

Find out more about mental health, different conditions and the practical things we can all do to maintain our mental wellbeing.

<https://www.nhs.uk/conditions/stress-anxiety-depression/>



WHO guidance for coping with stress during the Coronavirus

Guidance for coping with your own stress:

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2



World Health
Organization