Breathing exercises can help you manage anxiety and stress and help you feel in control. You can find more information on a calming breathing technique here:

https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress

Steps for Stress is another simple guide to breathing and relaxation exercises and can be accessed on:

https://soundcloud.com/nhs-health-scotland/sets/steps-for-stress

You can find more information on relaxation tips here:

https://www.mind.org.uk/information-support/tips-for-everyday-living.relaxation.relaxation-tips/


There are also many different mental health and mindfulness apps available online that you might find useful. These can be accessed on:

https://www.nhs.uk/apps-library/category/mental-health/

https://www.headspace.com/covid-19

https://www.moodjuice.scot.nhs.uk/asppodcast.asp

For specific information on mindfulness including taster sessions, online resources and apps visit:

SUPPORT SERVICES

National resources for staff, carers, volunteers and their families
A new national digital wellbeing hub has been created to enable staff, carers, volunteers and their families to access relevant support when they need it, and provides a range of self-care and wellbeing resources designed to aid resilience as the whole workforce responds to the impact of COVID-19.

https://www.promis.scot

COVID-19 Staff Support Line for all health and social care staff
This confidential staff support line has been developed to respond to the emotional needs of staff at this time. It is available to all health and social care staff across Greater Glasgow and Clyde. The line is staffed by Clinical Psychologists and Psychological Therapists offering emotional and psychological support. They particularly recognise that it is okay not to feel okay at this time. Worry, stress, anger and/or sadness are all to be expected.

Call: 0141 303 8968
Lines are open Monday to Friday, 8am-6pm.

Acute Psychology Staff Support Service (APSSS)
For hospital-based staff wishing to access psychological first aid as a result of their challenging work circumstances, APSSS have developed an online provision using Attend Anywhere Technology. The service provides a 30-minute telephone or video-based session (accessible via most smartphones, tablets and computers with a webcam & mic), delivered by qualified Clinical Psychologists who work routinely in Acute settings. The sessions will promote staff skills in self-care, maintaining resilience, positive coping and encouraging existing good practice; as we appreciate many staff members/MDTs may already have in place helpful processes for support, which may only need to be reinforced or supplemented during this time.

To book sessions, call: 0141 277 7623.
Lines are open between 8am – 5pm (Out-with these times staff can leave an answer machine message requesting an appointment). Sessions will be offered between the hours of 7am - 10pm weekdays and there will be some availability for weekend sessions.

NHS Occupational Health Counselling Service
The Occupational Health service is providing support for staff who have any queries about their physical and mental health in relation to their fitness to work. The Occupational Health counsellors are supporting staff that would benefit from a ‘listening ear’ interaction.

Call: 0141 201 0600
Lines are open Monday to Friday, 8am and 6pm.
Online Self-Help Modules

As part of the national digital programme to support the health & wellbeing of staff in response to the impact of COVID-19 & increase access to digital forms of self-help and psychological therapies, SilverCloud has released a number of online self-help modules. Everyone is now able to self-refer to CBT modules on Stress, Resilience, & Sleep problems, & there is one to help with managing mental health during the COVID-19 pandemic. This is independent of the computerised CBT service; the modules are not monitored & no information is shared with your GP.

The modules can be accessed free of charge through the website:  
https://wellbeing.silvercloudhealth.com/signup/

The pin ‘NHS2020’ should be used as the access code when signing up.

PHYSICAL HEALTH

Making sure you are getting enough sleep and eating well are very important for your physical and mental health and wellbeing and can help you cope with difficult emotions and situations.

More information can be found at:

https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/

https://www.sleepio.com/


For all information and support in relation to staff wellbeing including physical and mental health, spiritual care, money worries, and protection from abuse please visit:

FURTHER INFORMATION

- **Psychology Tools:**
  Online resource related to worry and anxiety in the context of uncertainty.

- **Mood Café:**
  Online information and resources related to a range of psychological problems.
  [https://www.moodcafe.co.uk](https://www.moodcafe.co.uk)

- **NHS Inform:**
  Scotland’s national health information service which contains online mental health self-health resources.

- **SAMH:**
  Scottish Association for Mental Health website containing a range of self-help resources.
  [https://www.samh.org.uk/documents/SAMH_Understanding_Anxiety.pdf](https://www.samh.org.uk/documents/SAMH_Understanding_Anxiety.pdf)

- **Wellbeing Glasgow:**
  Glasgow South Primary Care Mental Health Team website containing a range of self-help and psychoeducational materials including booklets and videos.

- **Video of Dr Russ Harris (Author of the Happiness Trap) advises on an ACT (Acceptance and commitment therapy) approach to coping with the coronavirus.**
  [https://www.youtube.com/watch?v=BmvNCdpHUYM](https://www.youtube.com/watch?v=BmvNCdpHUYM)