

Use the 'going home checklist' at the end of your shift as a way to help you switch off from work.

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>

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.

**To book sessions, call: 0141 277 7623.
Lines are open between 8am – 5pm**

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.

Call: 0141 303 8968

Lines are open Monday to Friday, 8am-6pm.

Online self-help programmes

Living Life to the Full (mood, anxiety)

<https://code.lltf4.com>
(code: [nhsstaff](#))

Silvercloud (stress,resilience,sleep)

<https://nhs.silvercloudhealth.com>
(code: [NHS2020](#))



COVID-19



SELF-CARE TIPS FOR STAFF

These are worrying & uncertain times. The coronavirus outbreak has significantly changed our daily lives, including the way we work, & has had a real impact on our psychological health & wellbeing. Feeling under pressure is a likely experience for you & many of your colleagues. It's okay to not feel yourself right now. Managing your mental health & psychosocial wellbeing during this time is as important as managing your physical health. Here are some self-care tips that could help:

Take care of your basic needs

Getting enough sleep, eating well & getting some physical exercise are all very important for your physical & mental health & wellbeing & can help you cope with difficult emotions & situations. Try to stick to your usual sleeping pattern and try to go to bed and get up at the same times each day. Rest & recovery time is essential. Keep hydrated by drinking plenty of water & try to limit caffeine & alcohol use. Making a plan for each day & trying to keep to a routine may also be useful, especially on your days off work. Don't forget to plan a treat for yourself. Your health and wellbeing matters! Looking after your own wellbeing will give you the capacity to care for others.

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

<https://www.sleepio.com/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

<https://clearyourhead.scot/tips>

Keep active

Being active & doing some physical exercise can help to lift your mood, reduce stress & anxiety as well as improve your energy levels. Try to get outside, preferably in a green space, for a brisk walk, jog or cycle. Alternatively you could try yoga or dancing to the radio! Regular exercise will help to maintain your health & wellbeing in the longer term.

Be kind to yourself

It is normal to feel anxious & experience difficult emotions during these unsettling & uncertain times. Accept your feelings & remind yourself that it is okay to feel the way you do. Encourage rather than criticise yourself. You're doing a great job! Find ways to give yourself comfort (e.g. a hug, having a long bath or foot massage).

Make time to relax

Take some time to relax & do something you enjoy, such as listening to music or cooking your favourite meal. Rest, take regular breaks & try to slow your breathing; take some slow, deep breaths. Make use of apps & online relaxation resources. Try to focus on the 'here & now' &

accept what you cannot change.

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

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

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

<https://www.nhsggc.org.uk/working-with-us/staff-health/mental-health-and-wellbeing/mindfulness/>

Stay connected

Stay in touch with family, friends & social networks using technology; try to make regular & frequent contact with them. Share your feelings. This may be enough to make you feel better. Use the supports that are available to you.

Caring in a team

Peer support is extremely important at this time. Speak to your colleagues & manager about how you are feeling & check in with others to find out how they are doing. Take regular breaks & try to get outside if possible. If you are working in unfamiliar settings it is natural to feel more unsettled. Remind yourself of your knowledge & skills, & times in the past when you have dealt with difficult situations. Don't be afraid to ask questions or reach out for help. Take part in any wellbeing huddles or care space groups that are running in your workplace.