Compilation of Resources for Staff Well-Being

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| 1. How to respond effectively to the Corona crisis by Dr Russ Harris, author of The Happiness Trap | |
| **Document Summary:** | ‘FACE COVID’ is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). Here’s a quick summary of the key steps, and in the pages that follow we’ll explore them all in more depth:  **F**ocus on what’s in your control  **A**cknowledge your thoughts & feelings  **C**ome back into your body  **E**ngage in what you’re doing  **C**ommitted action  **O**pening up  **V**alues  **I**dentify resources  **D**isinfect & distance  Document goes into detail on each of the above steps to help support staff. |
| **Full Document:** |  |

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| 2. The psychological needs of healthcare staff as a result of the Coronavirus pandemic | |
| **Document Summary:** | Guide for leaders and managers of healthcare services who will need to consider the wellbeing needs of all healthcare staff (clinical and non-clinical) as a result of the Coronavirus outbreak. It offers practical recommendations for how to respond at individual, management and organisational level   * Remember – this situation is unprecedented; **it is okay to not be okay**. * Experiencing symptoms of stress doesn’t mean you aren’t up to the job, it means you’re human. * Give staff permission to **step back and ensure breaks** and rest. * Allow **psychological support to be available in different ways** |
| **Full Document:** |  |

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| 3. Living with worry and anxiety amidst global uncertainty | |
| **Document Summary:** | Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing.  The guide provides tools to help you to manage your worry and anxiety in these uncertain times.  The document initially describes worry and anxiety, and potential triggers for them. On Page 4 onwards it describes methods that can be adopted to manage any anxiety and worry you are experiencing. Some of these methods are:   * Maintain balance in your life: living a life with a balance of activities that give you feelings of pleasure, achievement, and closeness. It recommends developing an Activity Menu – a list of activities you can do to keep occupied and maintain a balance in your life. Activities can include:   + Being creative – drawing, sewing, taking photos.   + Listening to music and singing   + Trying something new, e.g. read a new genre of book   + Connect with people – we are social beings after all * Practise identifying whether your worry is 'real problem' worry, or 'hypothetical worry' – is the problem something you have control over, and take action on? If so – write down the steps and take action. If no, focus your attention on things you can control * Speak to yourself with compassion. Practise responding to your anxious or worrying thoughts with kindness and compassion. * Practice mindfulness. Learning and practicing mindfulness can help us to let go of worries and bring ourselves back to the present moment. A good approach is the step by process:   5 Things you can see  4 things you can feel  3 things you can hear  2 things you can smell  1 thing you can taste |
| **Full Document:** |  |

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| 4. Looking after your mental wellbeing – Poster | |
| **Document Summary:** | Summaries 8 strategies that you can adopt to look after your mental well-being:   1. Limit time spent on social media/news websites 2. Stay active 3. Take regular breaks from your work 4. Prioritise sleep 5. Eat a balanced diet and keep hydrated 6. Make time for hobbies and other non-work activities 7. Stay in touch with family and friends 8. Giving to others   The poster is attached for staff to print and display in their workplace. |
| **Full Document:** |  |

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| 5. New national NHS helpline for staff | |
| **Document Summary:** | The NHS and the Samaritans, working in partnership, have launched a free confidential support service for NHS workers and volunteers.  You can access confidential support and specialist advice from trained professionals including coaching, bereavement care, mental health and financial help.  The telephone number is **0300 131 7000**  Open 7.00am – 11.00pm seven days a week  Or  Text FRONTLINE to 85258  Open 24/7 |
| **Full Document:** | Website: [Click here](https://www.nhsemployers.org/news/2020/04/new-staff-health-and-wellbeing-support) |

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| 6. Take the lead – talk about your emotional wellbeing | |
| **Document Summary:** | If you feel you are struggling and are not sure how to start talking about it, the document provides a step-by-step process on how to raise the topic. Steps include:   * Plan for the conversation   + What do you want to get across?   + Do you need help with something specific? * Having the conversation   + Clarify the purpose of the conversation   + Explore your thoughts and feelings   + Ensure you are listened to   + Commit to actions   If you begin to feel emotional or overwhelmed you can use the following technique to take a moment and get back on track:  **Pause** – stop, breathe  **Acknowledge** – acknowledgement of what was said  **Clarify** – talk through and clarify what was said  **Respond** – continue the conversation |
| **Full Document:** |  |

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| 7. British Medical Association - Your wellbeing | |
| **Document Summary:** | The BMA have a number of wellbeing services and information (free of charge) available: <https://www.bma.org.uk/advice-and-support/your-wellbeing>  They have a range of services and information to help support you. Our counselling service is open 24/7 to all doctors and medical students. It’s confidential and free of charge. |
| **Full Document:** | Website: [Click here](https://www.bma.org.uk/advice-and-support/your-wellbeing) |

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| 8. Psychological Self-Help Apps for all NHS Staff: | |
| **Document Summary:** | A number of apps are available to help look after your physical and emotional well-being:   * **Headspace** (Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. They are offering **free access to all NHS staff** with an NHS email address until 31 December 2020 * **Sleepio** is an evidenced-based **sleep improvement programme** that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.   + Enter redeem code NHS2020 * **Daylight** is a smartphone-based app that provides **help to people experiencing symptoms of worry and anxiety**, using evidence-based cognitive behavioural techniques, voice and animation. |
| **Full Document:** |  |

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| 9. Psychological resilience through the pandemic | |
| **Document Summary:** | This document aims to provide evidence-based, self-help information and tips for getting through the coronavirus pandemic, based on psychology, neuroscience, resilience research and Cognitive Behaviour Therapy (CBT).  It covers areas such as:   * Developing Psychological Resilience * Looking after ourselves * Managing Other Issues * Managing Kids at Home * Making the Most of the Situation |
| **Full Document:** |  |

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| 10. Top Ten Messages for Supporting Healthcare Staff during the Covid-19 Pandemic | |
| **Document Summary:** | 1. **Be Kind** to Yourself and One Another 2. **Enable staff** to Discuss their Concerns 3. Encourage Staff to **Sustain Their Social Connections** 4. Remember to **Eat, Drink, Rest** 5. **Share positive** news 6. **Continue Supervision** and Relevant Training 7. Challenge Incipient Loneliness 8. **Support** for Frontline Staff **Should be Visible** 9. Follow **Assessment and Treatment Protocols** 10. Be Aware of the **Current Guidance** from the WHO and UK Authorities |
| **Full Document:** |  |