

MENTAL HEALTH AWARENESS WEEK 18TH - 22ND MAY 2020

Being kind to yourself and others is a key to ensuring you look after your mental health. Below are some ways you can start to do this!

Mental Health Week 2020

It's hard when so many outlets and activities are canceled during the COVID-19 pandemic. Here are some ideas of how you can take care of yourself at home. Try and do something from each area every day.

MENTAL

Choose an activity that stimulates your brain; reading, word games, puzzles, or even watching a documentary

PHYSICAL

Try and do a little bit of exercise everyday. 10 mins is a great start, 30 mins a day is best if possible. Walk, run, do push-ups sit-ups, squats

SOCIAL

Connect with friends, family and colleagues. Ask for help when you need it and check in on others to offer your support

EMOTIONAL

Creative activities help us express our emotions. Try painting, drawing, writing, knitting or music. Relaxation activities are recommended

HELPFUL TIPS

Get sleep
Stay informed
Stay fit
Eat well
Keep calm
Stay social (safely)
Find a creative outlet
Learn something new

Questions to consider each day...

- What am I grateful for today?*
- Who am I checking-in with today?*
- What expectations of 'normal' am I letting go of today?*
- How am I moving my body today?*
- How am I getting outside today?*



**Keep
connected
online**

**With friends
and family**

Call a friend that you haven't spoken to for a while



Tell a family member how much you love and appreciate them



Arrange to have a cup of tea and virtual catch up with someone you know



Arrange to watch a film at the same time as a friend and video call



Tell someone you know that you are proud of them



Tell someone you know why you are thankful for them



Send a motivational text to a friend who is struggling



Send someone you know a joke to cheer them up

Send someone you know a picture of a cute animal



Send an inspirational quote to a friend



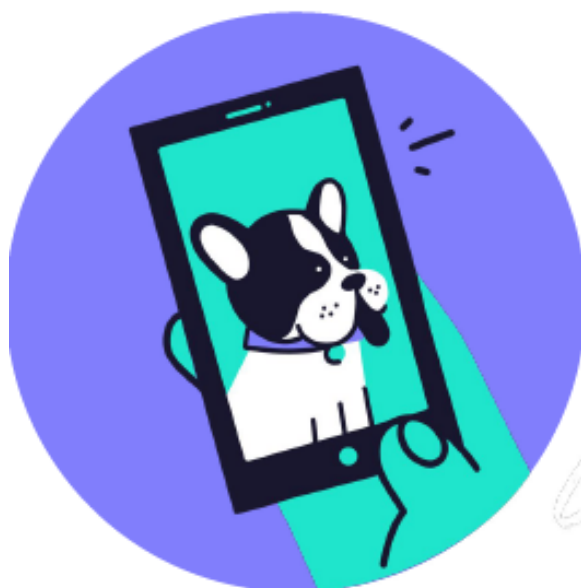
Send an interesting article to a friend



Send an inspirational story of kindness people around the world are doing for others to someone you know



Contact someone you haven't seen in a while and arrange a virtual catch up





Home

Make a cup of tea
for someone you
live with



Help with a
household chore
at home



Spend time playing
with your pet





Community



Offer to send
someone a
takeaway or a meal



Offer support
to vulnerable
neighbours

Donate to
foodbanks



Donate to a
charity



Reach out to call
a friend, family
member or
neighbour who
is experiencing
loneliness or
self-isolation



Offer to skill share
with a friend via
video call - you
could teach guitar,
dance etc.



Work

Lend your ear – call a colleague and ask how they're finding the change in routine

*


Give praise to your colleague for something they've done well


*


Arrange to have a video lunch with a colleague

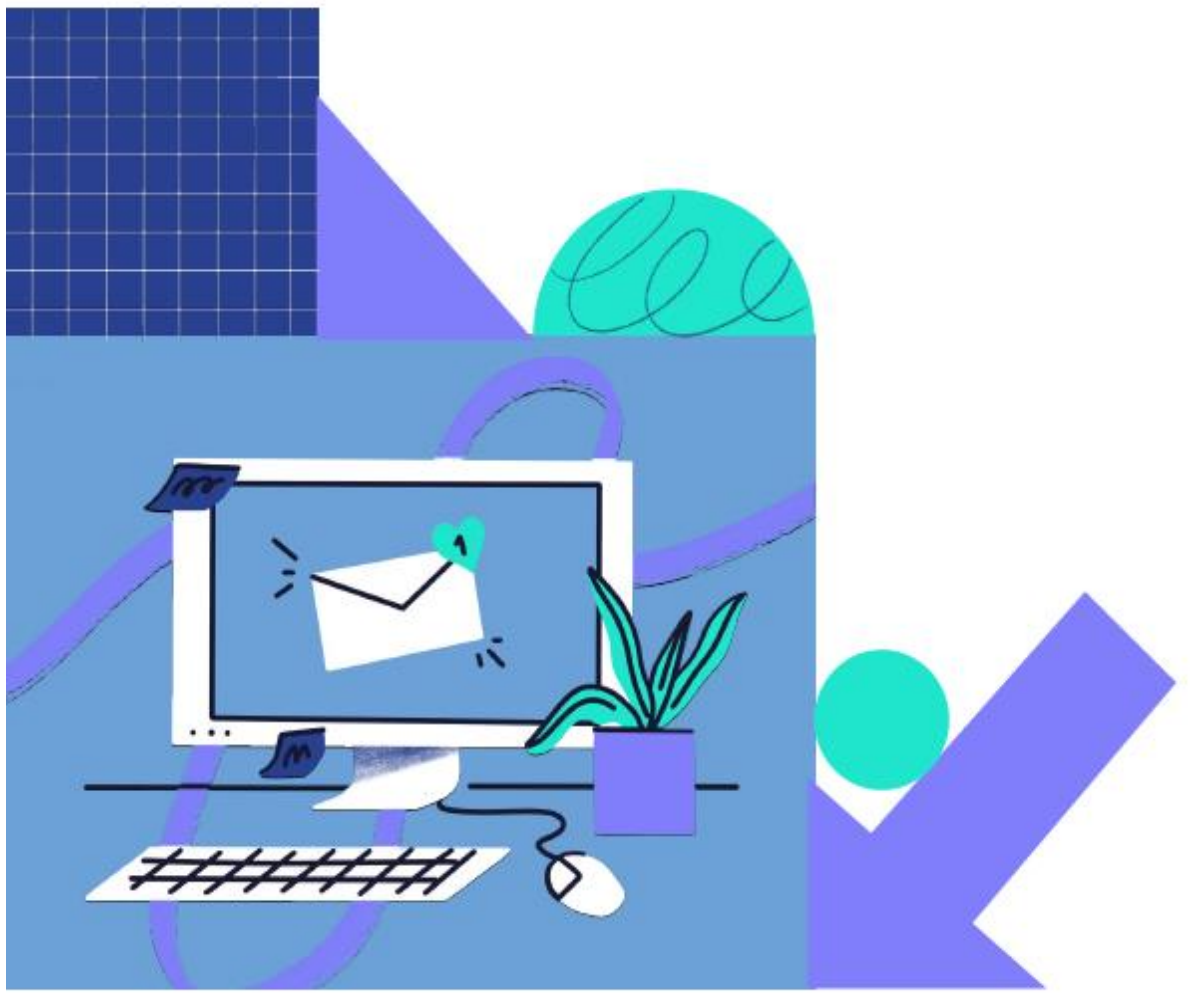
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Follow us and help us spread the word. It's also the best way to receive updates on the campaign in the lead up to the week!

 [@mentalhealthfoundation](#)

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SUPPORTING YOUR WELLBEING - INFORMATION AND SUPPORT FOR STAFF

You are working in what are exceptional circumstances to provide important care for vulnerable children and the children of key workers during this pandemic. It is important that you '**Nuture your resilience**' during this time. We hope you may find the following helpful 😊

RESILIENCE WEBSITE

The resilience website provides information on maintaining your wellbeing with resources available to assist via the attached link www.hants.gov.uk/educationandlearning/schools-resilience/resilience-staff-tools/resilience-staff-habits we also believe the following would be helpful:

- **Helping you to manage and Reduce your anxiety**

We can't control what's already happened and we can't control what we don't know but we can consider what we can influence and feel more empowered to take some action - here are some tools that may assist you in taking care of yourself

documents.hants.gov.uk/Resilience-activity57-MBcard-anxiety.pdf

www.peopleintelligence.com/wp-content/uploads/2018/06/Managing-your-stress.pdf

EMPLOYEE SUPPORT LINE AND OCCUPATIONAL HEALTH/WELLBEING

The Employee Support Line is available for all staff where the school has an SLA with the service. It is a free confidential support line available to employees and their immediate family. It operates 24 hours a day 365 days a year support on issues such as Health, Medical, Legal and Financial advice.

Employee Support line - **0800 030 5182**

Occupational Health & Wellbeing - 023 8062 6600

Further details are available via the attached links extra.hants.gov.uk/employee/policy-guidance/occupational-health/employee-support

www.extra.hants.gov.uk/employee/policy-guidance/wellbeing-support

NHS WEBSITE

The NHS has a number of websites to offer further advice and support as below

- how to **look after your wellbeing** while having to stay at home the link attached has some tips to help you and your family manage this www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/
- how to **support for yourself** or someone you are caring/living with via the attached link www.nhs.uk/conditions/stress-anxiety-depression
- NHS **FREE** apps which are health based which are also helpful www.nhs.uk/apps-library/filter/?categories=Healthy%20living,Mental%20health,NHS%20services&prices=Free
- Free NHS **Fitness** Studio's provide 24 instructor led online exercise videos across aerobics, strength & resistance, Pilates and Yoga www.nhs.uk/conditions/nhs-fitness-studio/

OUR FRONTLINE

Our Frontline offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health with tailored material for keyworkers www.mentalhealthatwork.org.uk/toolkit/ourfrontline-keywork/

CHARTERED COLLEGE OF TEACHERS - FREE messaging service to help teacher wellbeing

The college invites teachers to sign up to the FREE TeachTogether service, designed to help support teachers through this critical period. With a maximum of one text message per week with stories from other teachers, evidence-based advice, and links to optional activities - all helping to support your wellbeing www.chartered.college/teachtogether

EDUCATION SUPPORT PARTNERSHIP

Provides support for both **teaching** and **support** staff with

- a **FREE** confidential helpline 24/7 with trained counsellors - Helpline number **08000 562 561**
- support with finance and money worries

Further information is available via www.educationsupport.org.uk/helping-you/coronavirus-supporting-education-staff

MENTAL HEALTH FOUNDATION

Provides lots of information and advice on looking after your mental health during the Coronavirus outbreak via their website www.mentalhealth.org.uk/coronavirus and support with finance and housing concerns.

SOLENT MIND

Has developed toolkits that focus on how to manage staying at home and for families. It also operates an information line from Monday - Friday between 9.00am - 6.00pm (except Bank Holidays) more information can be found via the attached link

Mind Information Line 0300 123 3392
www.solentmind.org.uk/news/coronavirus-and-your-wellbeing/

ANXIETY UK

Provides support to individuals with anxiety disorders, phobias and conditions. Their resources include a helpline, toolkits and webinar's - more information can be found at www.anxietyuk.org.uk/coronanxiety-support-resources/ They also provide a helpline as follows:

Anxiety UK Helpline

03444 775774 operates 9.30 -10.00pm (10-8pm at weekends)

FINANCIAL SUPPORT

SALARY FINANCE SCHEME

Hampshire school staff can access financial support during this time through a HCC employee benefit scheme via

[www.hants.sharepoint.com/sites/CN/SitePages/A-new-addition-to-the-range-of-employee-benefits-through-Salary-Finance\(1\).aspx](http://www.hants.sharepoint.com/sites/CN/SitePages/A-new-addition-to-the-range-of-employee-benefits-through-Salary-Finance(1).aspx)

You can browse the range of tools and products and choose whether any may be of benefit such as Financial Education, Affordable Loans, Simple Savings, Advance on pay.

CITIZENS ADVICE BUREAU

- can provide you with information should you need help and advice e.g. rent, bills etc

www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/

www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/

ACTION FOR HAPPINESS

Offers actions to help us looking after ourselves and each through this crises and has produced a very helpful coping calendar which you may find helpful with daily tasks that may help you, your family and friends to cope with the current situation - you can find it at this link

www.actionforhappiness.org/coping-calendar

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

<https://www.nhsinmind.co.uk/>