

Your wellbeing during the coronavirus crisis

At the beginning of March, we could not have imagined how dramatically the face of healthcare would change within a matter of a month. These are truly unprecedented times for our generation.

The LPC would like to thank everyone for their incredible hard work and patience during these difficult times. It is truly heart-warming to see how many useful resources and support systems have been created to help us all navigate the pandemic and its consequences in order to support our patients as well as possible during these times.

Whilst we continue to help you to navigate the deluge of information I would like you to take a moment to think about the wellbeing of you and your colleagues.

At a time of challenge and fear, inner calm is vital. Sometimes media content, especially social media gives us “facts” that are contaminated by gossip and speculation, tempting us into a state of shock and fear.

So how can we get back to a state of calm when our emotions are heightened?

One technique we can use, wherever we are is to think about how we are breathing.

When we are anxious, we tend to breathe rapidly, shallowly and irregularly.

Try sitting with your feet on the floor, spine comfortable, and rest your hands on your lap.

Now, take slow, regular and deep breaths in and out through your nose, right down to your tummy. Notice how you feel after just a few breaths....

Please pass this technique on to your teams, patients, family and friends to improve everyone’s wellbeing.

Resources:

- GOV.UK has produced general guidance for the public on [mental health and wellbeing](#), and has signposted NHS staff to the [NHS employers’](#) site.
- The NHS has set up a [staff support line and signposting to useful wellbeing apps](#).
- [NHS Education for Scotland \(NES\) Coronavirus \(COVID-19\) psychosocial mental health and wellbeing support for staff](#)

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(Extracted from Calm in the Storm, Dr Andrew Tresidder, Somerset CCG GP)