

Your wellbeing during the coronavirus crisis - 2

We previously looked at breathing techniques to help to get back to a state of calm when your emotions are heightened. What else can you do besides breathing?

Many people know the benefit of yoga, tai chi, mindfulness, prayer or still space to help us to 'retune' when we are out of balance. Alternatively time in nature can help; looking at a tree or a flower (or pictures of these), spending time with animals or doing anything that interest us, are also useful. Moving our body also keeps us present, and can burn off stress hormones; so keep moving!

Try and make time each day to 'retune'. We sometimes feel guilty about taking time out for ourselves; please talk to someone if you feel like this. Time for you is important for your own wellbeing, to keep you functioning effectively and in a good place to provide the best support to your patients and colleagues. Instead of feeling guilty about taking time to 'retune', try feeling proud!

Please pass this advice 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.
- [Mental Health Foundation Looking after your mental health during the Coronavirus outbreak.](#)
- The NHS has set up a [staff support line and signposting to useful wellbeing apps.](#)
- [NHS One You and Every Mind Matters website and 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)

