

Your wellbeing during the coronavirus crisis - 5

As we begin to restore and recover from the pandemic we need to continue to think about our own wellbeing and how we move forward. Take some time to think about what you currently do, or could do moving forward to ensure your wellbeing in the current situation. We have so far looked at four of the 'five ways to wellbeing' researched and developed by the [New Economics Foundation](#); 'connect', 'be active', 'take notice' and giving.

This week we consider 'keep learning'. Research shows that if we keep learning throughout adulthood and into later life, this can have a positive impact on maintaining and improving our mental health and wellbeing. Learning is about gaining new knowledge, developing skills and having new experiences that enrich our lives. Learning is about challenging ourselves to do something different or improve upon what we've done before. Learning can take many shapes and forms - it could mean taking a new educational or vocational course, refining existing skills, challenging ourselves to develop new ones or approaching new tasks and events that we've not tried before. Broadening our minds helps us gain insight into life, ourselves, and the world around us, which are all good things for our mental wellbeing.

One possibility available for pharmacists is to book onto the varenicline (Champix®) PGD online training to increase the access for people giving up smoking. We know that outcomes from COVID-19 are worse for those people who smoke so this is a way that you could help. See the 'Operations' section of this week's bulletin for further details.

Useful 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.
- Healthy Somerset [Staying Healthy, Happy and Safe at Home](#)
- Marie Curie bereavement helpline: 0800 3047 412 Monday – Saturday 09.00-17.00.
- [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](#)



Stay safe and well.

Anne Cole, LPC education and training strategy lead.