

Tips for staying safe and well



Taking care of our mental health is just as important as protecting our physical health during the Coronavirus (COVID-19) outbreak - as we adjust to working from home and spending more time indoors. Here are some positive, feel-good activities we can all include in our new daily routine to help us stay safe and well.

Look after your basic needs

At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Maintain, where possible, your normal daily routine. Try to eat healthy, well-balanced meals, drink enough water, exercise regularly and get fresh air when you can. By seeing to these basic needs will make a big difference to how we feel mentally and physically.



Do things you enjoy



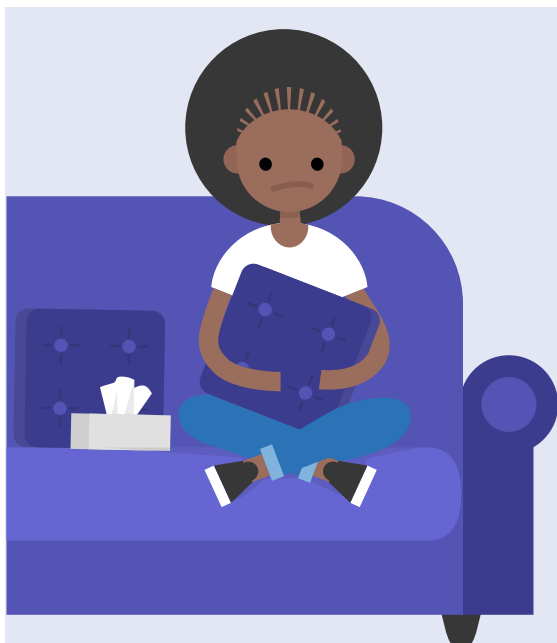
If we are feeling worried, anxious, lonely or low, we may stop doing things we usually enjoy. Make an effort to focus on your favourite hobby if it is something you can still do at home. If not, picking something new to learn at home might help.



Stay informed

Get timely, accurate and factual information about COVID-19 from a reliable source no more than a couple of times a day.

You can get up-to-date information and advice on the virus on the Government and NHS websites and keep up to date with the latest information from the council by reading the daily updates, staff and manager briefs on this page. You should also keep in regular contact with your manager and colleagues. Although it is important to stay informed, consider taking a break if you feel things are getting on top of you.



Talk about mental health

It is crucial that we are all able to talk openly and honestly about our mental health and wellbeing during this difficult time, and that we have access to the right help and support when we need it.

If you are starting to feel overwhelmed, it's important to acknowledge your feelings and speak to someone you trust, whether that's a friend, a family member, or a colleague. Peer and social support are often the best buffers against stress and adversity. They may be feeling the same way. It's good to talk.

Seek help if you need it

Please contact our Employee Assistance Provider, Workplace Options, for help and support.

**You can phone
Workplace Options
any day, any time,
free on: 0800 247 1100.**



**You can also freephone
the Breathing Space (0800 83 85 87) or
Samaritans (116 123) helplines**



5 ways to wellbeing

There are five things we can continue to do every day to support our mental health and wellbeing.



Connect

Maintaining healthy relationships with people we trust is important for our mental wellbeing. At difficult times, we work better in company and with support. Often just having a chat can help to lift our mood. Lots of people are finding the current situation difficult, so staying in touch could help them too. Think about how you can stay in touch with your colleagues, friends and family while you are staying at home - by phone, text message, video calls or social media. And try to talk about things other than the Coronavirus- keeping sight of a time when this will be past is an important part of coping with the present uncertainty.



Be active

Our physical health has a big impact on how we feel. Being active helps to reduce stress, increases energy levels, can make us more alert and help us sleep better. Explore different ways of adding physical movement and activity to your day and find some that work best for you.

While sports and leisure facilities venues are closed, Glasgow Club is still here for you. Their app - <http://myglasgow.club/app> - has a new look, full of free content and advice to get you working (out) from home. No smartphone?

Visit <http://myglasgow.club/customer>. Exercising at home can be simple and there are options for most ages and abilities, such as: cleaning your home, gardening, dancing to music, or simply going up and down stairs. You can leave your house, alone or with members of your household, for 1 form of exercise a day - like a walk, run or bike ride. But make you keep a safe 2-metre distance from others.





Take notice

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Set aside time to practice mindfulness - During your daily walk or sitting out in your garden – enjoy the fresh air and notice the sights and sounds around you.



Workplace Options, our Employee Assistance Provider, offer free 10-minute mindfulness exercises on their 'Aware' Mindfulness Channel. You can access these here - registering with your name and e-mail address.



Learn

Learning enhances self-esteem and confidence. Remember you can keep up to date with your development whilst working from home using GOLD our e-learning platform. Search for 'Glasgow Online Learning Development' on your internet browser such as Google or visit <https://tracking.brightwave.co.uk/Int/Glasgow/Login.aspx>



Give

Evidence shows that helping others is actually beneficial for your own mental health and wellbeing. It can help

reduce stress, improve your emotional wellbeing and even benefit your physical health. So consider ways you can do something for a good cause or make random acts of kindness. For example, you could call

a friend you haven't spoken to for a while, arrange to have a cup of tea and virtual catch up with someone you know, send a motivational text to a friend or colleague who is struggling.