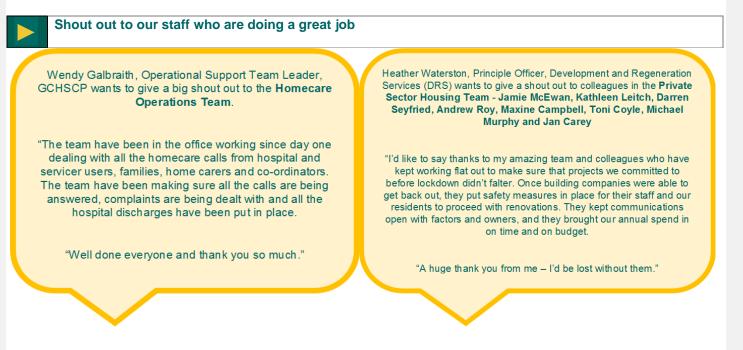
## **STAFF NEWS**



Keep updated at all times on the website www.glasgow.gov.uk/staffupdates

### **Coronavirus (COVID 19)**

#### Wednesday 1 July, 2020



Five ways to wellbeing

# WELLBEING WEDNESDAY



#### Five ways to wellbeing

As lockdown restrictions continue to ease, more options to improve your mental health and wellbeing will become available to help you to:

- CONNECT
- BE ACTIVE
- **TAKE NOTICE**
- KEEP LEARNING
- GIVE

Throughout July, we are revisiting the **five ways to wellbeing** - the benefits of each of these, and ways we can all incorporate them into our daily lives to improve our mental health and wellbeing.

#### CONNECT

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- > give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



#### Tips to stay connected

Make the most of technology to stay in touch with people you can't meet face to face - Video-chat apps like Skype and FaceTime are useful. <u>See</u> <u>here</u> for step by step guidance on video chatting.

> There are various online activities to share with family and friends including virtual pop quizzes, video games, or watching a film at the same time and have a shared group chat for everyone to comment in.

Share the small and simple pleasures of life such as sharing links to music, uplifting photos, funny memes, jokes or videos - these may be small gestures but help keep that sense of togetherness we all need.

 $\blacktriangleright$  Take time each day to be with your family, for example, eating dinner together or play a game together.

> Putting photos of friends and family up around you may help too, if you are unable to visit them.

#### More information

- Find useful tips on how you can connect with others here
- NHS inform Scotland have some useful information and guidance here.

#### Update on our commitment to supporting key staff groups

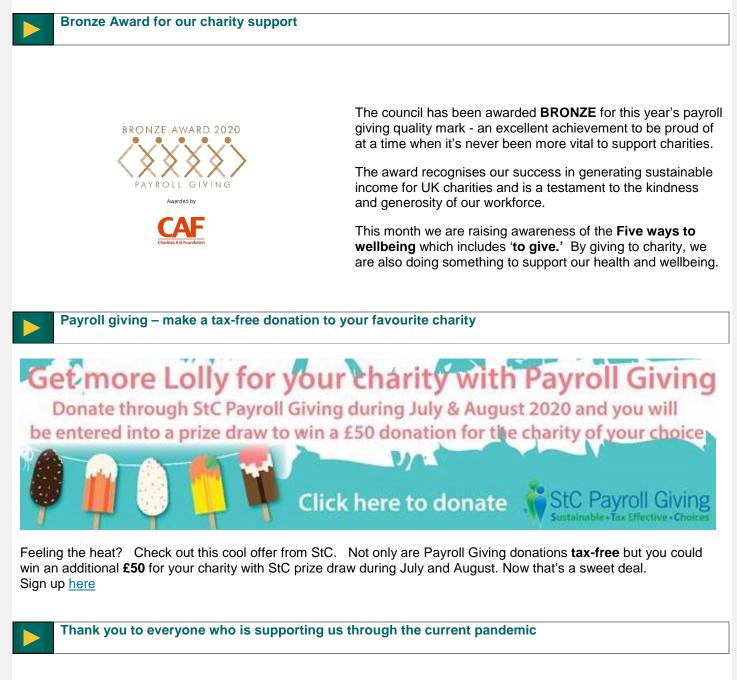
Today we have issued a managers' briefing which provides an update on our commitments to supporting key staff groups during Covid-19.

Over the past few months support arrangements were put in place for staff to provide continued employment during Covid-19. This was alongside contractual and pay arrangements for our flexible workforce - in place until the end of June 2020.

You can read the briefing here which provides an update on:

- the HR process to support key groups of 'at risk' staff as we prepare to return to the workplace
- changes to the arrangements for our flexible workforce
- the ongoing support for council graduates and Modern Apprentices.

If you would like to discuss the information in the briefing further please speak to your line manager.







Share your story with us



We know you're all proud to play your part for the city – so we would love to hear from you about how you and your colleagues are supporting the city at this challenging time.

You could:

- > Give a shout out to a colleague who is going above and beyond to deliver a service
- > Tell us if you are volunteering to help deliver an essential service
- Share what your team is doing to keep services running for our citizens.

Email a couple of lines and a mobile phone picture, if you have one, to <u>Insider@glasgow.gov.uk</u> so that we can share your story with colleagues across the council family.

#### Thank you for making a difference.

Follow us @GlasgowCC on Twitter or Glasgow City Council on Facebook



KEEP UPDATED AT ALL TIMES ON THE WEBSITE https://www.glasgow.gov.uk/staffupdates