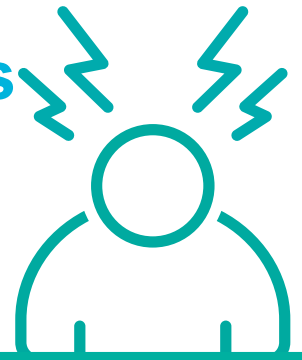


# Covid-19: Looking after your mental wellbeing - managing stress



Many of us will be feeling stressed and anxious. Stress is normal in this situation and by no means a reflection that you cannot do your job or are failing. Remember you have your team around you. Here are some tips to help you.



**Limit checking in with the news/social media** to once or twice a day. Constant outbreak updates can contribute to stress and anxiety.



**Take a break away from the clinical area** - decompress, stop and take some deep breaths. If you can, go outside into natural light - it will help your mood and help your sleep.



**Eat as healthily as you can, keep hydrated** Avoid unhelpful coping strategies such as excessive caffeine, alcohol and nicotine.



**Keep communicating with family, friends and colleagues.** Talk over difficult cases and consider formal debriefs later, especially if you feel worried or upset. We can all support each other.



**Prioritise sleep** -it is important to keep you healthy and performing well at work. Anxiety can make it harder to sleep - try not to worry if this happens. There are some sleep settings on meditation apps which might help.



**Exercise is good for physical and mental health.** It is one of the best ways to reduce stress. Even a few minutes of activity can help.



**Continue to make time for the things you enjoy outside of work.** These can be a welcome distraction and a good way to reduce stress

**Work as a team and be there for each other**