



## **Mental Health Awareness Week 2020**

### **Be kind to yourself - Look after your Mental Health**

Kindness has been the theme for Mental Health Awareness Week which is crucial given the unprecedented times in which we are all currently living.

Never before has it been more important for us all to be kind in looking after both our own mental health and that of others during this crisis which is inevitably a worrying time for yourself, your families and colleagues.

Please find below a range of information and guidance that has been shared during the week.

We have also provided '*Helpful Resources - Looking after your Health and Wellbeing during the pandemic*'. This pulls together a number of useful resources out there at the moment within one easy document to support colleagues with easy to access links. The document includes Parental Support Services information, COVID-19 specific resources, General Wellbeing advice, Staff Support resources and more.

### **Be Kind to Yourself – Take time out for yourself every day**

It's important to look after both your physical mental health, even more so now than at any time as we are staying at home for long periods of time with limited contact with others, which can be challenging and so it's important that you take the time to take care of your mind as well as your body and to seek further support if you need it.

- **Taking care of your mind**

A times of uncertainty, having good mental health helps us relax more, achieve more and enjoy our lives more.

#### **Employee Assistance Programme**

Sometimes it can be difficult to balance the current pressures of work with the needs of home life and particularly at this time when colleagues, for example, may be juggling home schooling whilst working from home, solely caring for an elderly relative or even in circumstances where you may be a key worker and have chosen to temporarily separate from your loved ones. At this time, you might require some external support.

For schools who have purchased our Occupational Health SLA, the Employee Assistance Programme (EAP), is available to you provided by PAM Assist. It's confidential and available to you 24 hours a day, any day of the year. Access instructions are provided on the Trafford Services Education Website in the Occupational Health toolkit.

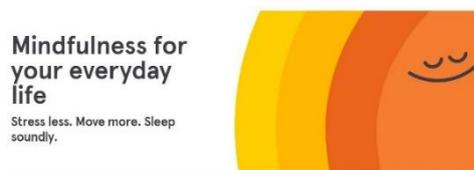
## The Mental Health Foundation (MHF)

The MHF is part of the national mental health response providing support to address the mental health and psychosocial aspects of the coronavirus outbreak, alongside Public Health England and the Department of Health and Social Care. The current crisis can be scary and can affect our mental health. Whilst it is important to stay informed, there are also many things we can do to support and manage our wellbeing during this time. The MHF website provides some tips which you, your friends and your family can do to look after your mental health at this time when there is so much discussion of potential threats to our physical health.



The NHS website [Every Mind Matters](#) provides an array of simple tips and advice and things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. Create your own Mind Plan to start taking better care of your mental wellbeing.

[MIND - for better mental health](#) provides practical advice for staying at home and how to take care of your mental health and wellbeing including how to deal with anxiety, how to stay connected with other people, and how to keep your mind stimulated.



If you haven't come across the idea of 'mindfulness', now could be a good time to explore what it means and how it can help if you're feeling stressed. There's lots of information and tips on using mindfulness and

meditation to help you sleep better and approach things more calmly on the [Headspace website](#). Their videos and exercise guides are free to use and are aimed at making you healthier and happier.

[Living Life To The Full](#) is a world-leading series of free online courses and materials to boost your ability to live well. Get started now!



In times of stress, many people turn to alcohol to help them feel at ease. Be kind to yourself and find a new meaning in Happy Hour. Get different ways to relax at home with tips and ideas <https://zcu.io/ncMp>

Dementia United has tips on keeping active & looking after your mental health and wellbeing. Visit <https://dementia-uk.org.uk/home/coronavirus-information-for-people-affected-by-dementia>



- **Taking care of your body**

Be kind to yourself by taking some time out each day for yourself. Whilst staying at home, it's important to keep physically active to help keep us healthy at this time. Being physically active can not only keep us healthy physically but can also be good for our mental health. Try to plan your day which could incorporate being active for 30 minutes a day. That may include running, walking or cycling, but it doesn't have to be strenuous – you can do the gardening or get those arm muscles moving by baking a cake or simply doing some chair sitting exercises. Whatever your physical ability, there's something for everyone.

[Sport England](#)'s website provides tips, advice and guidance on how to keep or get active in and around your home.

### What sort of activities can I do?

- HIIT, Pilates, [Yoga](#) – whatever exercise floats your boat that day.
- [Walking](#) – it's great to try and get some fresh air everyday so why not incorporate this into your challenge?
- Working with the GMCA, the University of Manchester have created a [Keeping Well at Home guide](#). It's aimed at older people who don't have access to the internet, and contains lots of useful health and dietary advice and exercises.
- Great classes are being offered online with Trafford Leisure. There's everything from body conditioning, to legs, bums and tums, stretching and abs, spine and posture. Checkout their [Facebook page](#) for more details and how to take part in classes.
- [Baking](#) – get your sweat on in the kitchen by cooking up a storm.
- [Gardening](#) – this can be a great workout too!
- Ultimately, you can get creative taking on whichever form of movement makes you happy (dancing in your kitchen is a good one!)
- You could incorporate fundraising into any of these activities by using [JustGiving](#). Once your page is up and running, you can share it on social media, and encourage your friends and family to sponsor you. Not everyone is online, so think about who else you can reach out to more personally to tell them about your challenge. Get your donors involved, ask them to challenge you to different activities in exchange for donations!



Sport England's campaign, [Join the Movement](#) has launched a new TV ad as part of its campaign to keep the nation active during the coronavirus pandemic. The ad celebrates the diverse ways people been moving more, whether at home, with family or alone. Made entirely with self-shot videos from members of the public, the ad has been backed by the likes of triathletes Alistair and Jonny Brownlee, Strictly

Come Dancing's Karen Hauer, ex-England footballer Kelly Smith and former European 10,000m champion Jo Pavey.

Why not share your own videos of how you are keeping active on social media using the hashtag #StayInWorkOut. Keep up-to-date with the campaign on [Facebook](#), [Twitter](#) and [Instagram](#).

## **Further Useful Links**

### **Trafford Directory**

Details a huge range of Mental Health and Wellbeing and other support in Trafford.

### **Self Help Services website**

This is a user-led mental health charity, providing services across GM. They offer a wide range of support for people living with mental health problems such as anxiety, depression, phobias and panic attacks. They are a fantastic resource of local free advice and support services.

### **Mind**

*The charity for better mental health.*

### **Anxiety UK**

Anxiety UK is a user-led mental health charity.

### **Action for Happiness**

Action for Happiness is a charity committed to building a happier and more caring society. Their website contains information, helpful tips and actions that may help you to increase wellbeing in your home and workplace.

### **NHS self-help therapies**

The NHS have put together some links to self-help therapies that you can do in your own time to help with problems like stress, anxiety and depression.

### **5 steps to mental wellbeing**

Another useful website based upon evidence that suggests that there are five steps we can all take to improve our mental wellbeing. If you try them you may feel happier, more positive and able to get the most from life.

### **Samaritans**

Whatever you're going through, call them free any time from any phone on 116 123.

### **TED talks**

Thousands of talks from highly inspirational people to help spread good ideas and get people motivated. Why not visit website and take in one of these brilliant talks.