

Support for staff in schools in relation to mental and physical wellbeing



It is unusual times for us all and a time when it is really important we look after our mental and physical wellbeing as well as that of our family, friends and colleagues. We may not be able to see everyone due to social distancing and isolation but it important we take the time to still talk and check in on the people we know.



Evidence suggests there are **5 steps** you can take to improve your mental health and wellbeing.

- Connect with other people (ensuring you are adhering to social distancing)
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment

More information and ideas to achieve these 5 ways to wellbeing can be accessed at <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> This site also signposts to further information and advice to support people's mental wellbeing.

Mental Wellbeing

The Government have produced some guidance on mental health and wellbeing to support during coronavirus with links to a variety of supporting information

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>

The **Every Mind Matters** website includes a short video about how to exercise at home, plus advice and tips on how to maintain good mental health and manage anxiety during social distancing and isolation: <https://www.nhs.uk/oneyou/every-mind-matters/>



ONE You

<https://www.nhs.uk/oneyou/>

One You provides tips, tools, support and encouragement every step of the way, to help improve your health and wellbeing. You can take a simple free quiz to get your health score, along with personalised advice and easy tips for healthier living, or answer 5 quick questions to get your personalised plan of simple ideas to help improve your mental health and wellbeing.

The NHS has a range of suggested **quality assured apps to support mental health**

<https://www.nhs.uk/apps-library/category/mental-health/>

The **Go to Website for Healthy Minds** in North Yorkshire provides a wealth of information and signposting to support emotional and mental wellbeing <https://www.thegoto.org.uk/>

Physical activity

It is important to remain physically active, the recommendation is at least 150 minutes of moderate physical activity a week, or around 20 to 30 minutes a day.

Sport England have produced some, 'Stay in, work out' section on their website which focused on tips, advice and guidance on how to keep or get active in and around your home for all age groups <https://www.sportengland.org/stayinworkout>

The **NHS** have produced a number of **home workout videos**:

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/> and a range of further information about exercise can be accessed at <https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

Improving sleep

I found this useful

19,084

Thousands of people have found useful tips and advice to improve sleep- including guidance and a short video supporting you to tackle worries that gets in the way of a good night's sleep.

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Health Assured, the Employee Assistance Programme is available to staff where their school buys into the service. Health Assured support counsellors have a wealth of experience in supporting on a broad range of issues that affect an individual's work and home life 0800 0305182

Health-e-Hub from Health Assured (www.healthassuredeap.co.uk) provides support in the palm of your hand; Username: Northyorkshire and Password: Council



The Health-e-Hub is a smart phone app which can be downloaded from the Apple or Android app store and is a great health platform full of advice, guidance and factsheets. It also includes personal coaching which is a stress tool – to catch and address stressors before they start to impact on work.

Education Support Partnership: UK charity dedicated to supporting the mental health and wellbeing of staff in education – emotional support from trained counsellors for all education staff. Free and confidential helpline available 24/7

08000 562 561 and / or <https://www.educationsupport.org.uk/helping-you/telephone-support-counselling>