



YOUR MENTAL HEALTH AND WELLBEING MATTERS

October 2020

What is included

- MIND'S Coronavirus & Mental Health Toolkit
- Five ways to wellbeing
- Issues and Solutions
- #Doonething
- Finishing Work Checklist
- Additional information

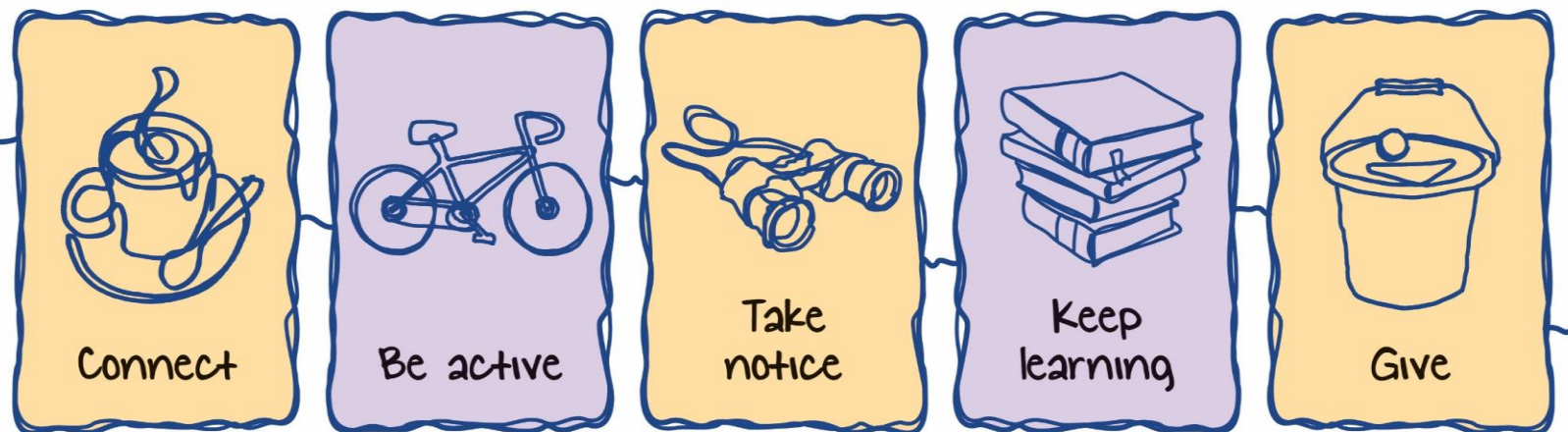


- Provides reliable information and tips to help you cope during this time.
- Coronavirus and your wellbeing
- Mask anxiety, face coverings and mental health
- Managing feelings about lockdown easing
- Coping with mental health problems during coronavirus



<https://www.mind.org.uk/information-support/coronavirus>





<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>



Issue	Solution
'Always on'	Maintain a routine & boundaries for the working day as much as possible.
'System overload'	Establish rules about systems and platforms being used, manage email traffic.
Burn out	Create a Wellness Action Plan to share with your manager, regular check-in with yourself, take leave
Isolation	Schedule catch-ups with colleagues, family and friends
Overwhelmed	Focus on that which in your control. Make a plan. Seek support.



On World Mental Health Day, which took place on 10th October 2020, Mind launched the Do One Thing campaign and want us all to continue the good habits.

MIND'S monthly calendar is packed with actions you can take for better mental health. Use each week to try and focus on the 'Five ways to wellbeing'. The following ideas have been researched and developed by the New Economics Foundation.

Monthly Calendar



Do one thing
for better mental health this
World Mental Health Day
10 October

To get started visit
mind.org.uk/DoOneThing

 mind
for better mental health



1. Take a moment to think about today or write down your thoughts
2. Acknowledge three things that were difficult. Purposefully let them go
3. Consider three things that went well. Hold onto them
4. Choose an action that signals the end of your shift or workday
5. Now switch your attention to home
6. How will you rest and recharge?



Checklist





- Mind's Workplace Wellbeing webpages
- Wellness Action Plans
- Mental Health at Work

