

# Sources for health and wellbeing during the COVID-19 pandemic

Compiled by the Knowledge Management Team

Updated 1<sup>st</sup> April 2020

**\*New\*** [Stress awareness month resources](#)

April is Stress Awareness month and the south west health and wellbeing team have developed a range of 30 minute webinars to support staff.

**\*New\*** [Free access to wellbeing apps for all NHS staff](#)

NHS staff (in England) have been given free access to a number of wellbeing apps from now until the end of December 2020 to support their mental health and wellbeing. The article includes information about how to sign up.

**\*New\*** [Mindful – Mindfulness and resilience resources specifically for dealing with COVID-19](#)

This page links to several mindfulness and resilience resources for people everywhere during the COVID-19 pandemic, to support mental wellbeing.

**\*New\*** [Claire Bradshaw Associates – Finding ways to cope](#)

This article looks at emotions and mood in response to the current world wide situation in the context of already established models, and how we might start to understand and cope with them.

**\*New\*** [Claire Bradshaw Associates - Resilience Workbook](#)



| Resilience workshop | December 1, 2019

## Resilience workbook



**\*New\*** [Robertson Cooper – Free resilience questionnaire](#)

Free resilience questionnaire and report.

**\*NEW\*** [tes - 5 tips for keeping home working and pains at bay](#)

An article about keeping your physical health in mind when working from home including hacks for comfortable work stations for posture.

**\*NEW\*** [HR News – How bosses can help staff manage stress when working remotely](#)

Some insights and key points about managing staff who will react differently to working from home, and how this impacts on stress levels.

**\*NEW\*** [Mind – Coronavirus and your wellbeing](#)

Some resources and guidance from the mental health charity Mind directly relating to looking after yourself during the COVID-19 pandemic.

[WeWorkRemotely - How To Keep Your Mental Health in Check When You Work From Home](#)

Take steps to improve your mental health when you work from home and you'll shrug off the anxiety, depression, and loneliness many remote workers face.

### **[Time - 5 Tips for Staying Productive and Mentally Healthy While You're Working From Home](#)**

Tips from those who work from home regularly and work place experts about staying productive and maintain well being whilst working from home.

### **[Weekly 10 – Remote Working 2: Wellbeing](#)**

Pros and cons of remote working, with practical information on physical and mental wellbeing.

### **[NPR - 8 Tips To Make Working From Home Work For You](#)**

Here are some pro-tips for working remotely, possibly for an extended period of time.