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