



GIG
CYMRU
NHS
WALES

Addysg a Gwellu Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

Resources collected by the Professional Support Unit, HEIW

COVID-19 Specific resources

Help and tips for looking after your mental health during the Coronavirus outbreak by the Mental Health Foundation: www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

HEIW Caring for Carers During COVID-19: <https://leadershipportal.heiw.wales/go/cp92la>

NHS Mental Health Apps resource: www.nhs.uk/apps-library/category/mental-health/

Headspace App 'weathering the storm' free meditation resource: www.headspace.com/covid-19

The Royal College of Occupational Therapists have issued advice for staying well when social distancing: www.rcot.co.uk/staying-well-when-social-distancing

MIND the national mental health charity has developed an information and support guide on Coronavirus and your wellbeing. This includes information if you are anxious or worried about coronavirus. It provides information on taking care of your mental health and wellbeing such as staying connected, taking care with news and information and tips to keep your mind active.
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mental Health Foundation information

Looking after your mental health during the coronavirus outbreak

The Mental Health Foundation has developed an information and support guide on looking after your mental health during the coronavirus outbreak. Here you can find tips for yourself, friends and family to look after your mental health.

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Mental wellbeing and the Corona virus

Some light-hearted but useful ideas and suggestions - 8 Things to Do While Under Quarantine

<https://www.psychologytoday.com/blog/intersections/202003/8-things-do-while-under-quarantine?eml>

[Covid Care - Helping the Helpers](#) This website aims to provide support to NHS staff during the Coronavirus crisis.

When things seem to be out of control

Josh Hall's TEDx talk – The Illusion of Control: <https://www.youtube.com/watch?v=2l62tHAn16U>

Managing anxiety during Corona virus

<https://www.google.co.uk/amp/s/theconversation.com/amp/coronavirus-how-to-stop-the-anxiety-spiralling-out-of-control-133166>

Mindfulness and relaxation apps

[Stop Think Breathe App](#) - check in with how you're feeling, and try short activities tuned to your emotions

[Calm](#) - a simple mindfulness meditation app

[Headspace](#) - a meditation and mindfulness app aimed at improving wellbeing and decreasing stress.

'Showing up.....' Creating an On-line Mindfulness Community

An hour of peace, sharing and mindfulness. A once a week drop in (on Zoom) for whoever can make it. FREE and open to anyone...

Starting March 31st 2020, every week on Tuesday 13:00-14:00 until further notice

Click on this link at the time stated above to Show up:

<https://zoom.us/j/911738199>

Meeting ID: 911 738 199

Audio tracks

<https://www.bangor.ac.uk/mindfulness/audio/index.php.en> - Free workplace mindfulness audio tracks from Bangor University including breathing spaces and mindfulness

[Progressive Muscle Relaxation](#)

[Breathing Exercise](#)

Yoga resources

Dhananjay, in addition to being a Yoga Teacher, is a Wellbeing Connector and Primary Mental Health Worker in the South West cluster of GP Surgeries (Cardiff) and often prescribes yoga as part of his job. Don't do anything that hurts and don't skimp on the relaxation

40 minute practice - <https://www.youtube.com/watch?v=zMLlIp-dHYs&feature=youtu.be&fbclid=IwAR2fulwpzqTEcVgQ7PCxGc0JXh5q4ig6OZgJWmy1QxI9TysBWRPM6SRxcpG;>

10 Minute practice - https://www.youtube.com/watch?feature=youtu.be&v=R2fD-PNv5oc&fbclid=IwAR3e6A1cukKT3JOa7hqlL_sZffjWc_b0zVwmPNNeqMROExtcNo3wH0TKOGU&app=desktop

More information about supporting your mental health while working from home can be found here.

Information sourced from mental health at work at MHFA England.

<https://www.mentalhealthatwork.org.uk/resource/my-whole-self-supporting-your-mental-health-while-working-from-home/?read=more>

BMA

BMA Wellbeing support services are available to all UK medical students and doctors, regardless of membership, 24/7 and free of charge. These services are also open to spouses, partners and children of those doctors and medical students. Confidential counselling and peer support is offered.

[Wellbeing Support Services](#)

Online tools

Tips on self-care - An accessible, free mini-resource that anyone can benefit from using, promoting an effective approach to living a more balanced life. <http://www.connectingwithpeople.org/content/mhaw17>

Self-compassion

<https://www.youtube.com/watch?v=IvtZBUSplr4> Dr Kristin Neff: The Space Between Self-Esteem and Self Compassion TEDx

<https://www.youtube.com/watch?v=X4Qm9cGRub0> Dr Brené Brown: The power of vulnerability TEDx

Compassion fatigue <https://www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue>

Working under pressure

Ted Talk: Dr Alan Watkins: 'Being brilliant every single day'

<https://www.youtube.com/watch?v=q06YIWC2Js>

https://www.youtube.com/watch?v=Q_fFattg8N0

Civility Saves Lives

https://www.ted.com/talks/christine_porath_why_being_nice_to_your_coworkers_is_good_for_business

How power silences truth

<https://www.youtube.com/watch?v=Sq475Us1KXg> Megan Reitz: How your power silences truth TEDx

Confidence and assertive behaviour (not the same as aggressive behaviour)

<https://thewomenscenter.webs.com/ASSERTIVE%20BEHAVIOR.pdf>

<https://www.liveyourtruestory.com/aspects-of-assertive-behaviour-communication/>

https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are Amy Cuddy: Your body language shapes who you are TEDx

<http://ed.ted.com/on/n4nfaYuo>, Steve Peters: Optimising the Performance of the Human Mind TEDEd and a book 'The Chimp Paradox' (ISBN 9780091935580)

Imposter Syndrome

<https://www.youtube.com/watch?v=ZkwqZfvbdfw> Mike Cannon-Brookes: How you can use imposter syndrome to your benefit

STOPP Technique

<https://www.getselfhelp.co.uk/stopp.htm>

Other resources

Every Mind Matters - Mental Health and Wellbeing Resources and Information

Every Mind Matters is promoted by Public Health and gives simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. Every Mind Matters has a website and helpful tools, resources and videos that can be accessed here <https://www.nhs.uk/oneyou/every-mind-matters/>

NHS Mental Health and Wellbeing pages - information including tips, support and audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Support helplines and information sources

C.A.L.L. Mental Health Helpline for Wales.

Free confidential listening and emotional support service, information and literature on mental health and related matters for people in Wales. Anyone concerned about their own mental health or that of a friend or relative can access the service.

Visit <http://callhelpline.org.uk/>. Free phone 0800 132 737 or text 81066 24/7 service.

Samaritans Cymru

You can get in touch about anything that's troubling you, no matter how large or small the issue feels. Free confidential emotional support to anyone experiencing feelings of distress.

Visit <https://www.samaritans.org/?nation=wales>. Free phone 116 123 or email joe@samaritans.org 24/7 service

BMA

A range of services and information to help support you. Counselling service is open 24/7 to all doctors and medical students. It is confidential and free of charge.

Visit: <https://www.bma.org.uk/advice-and-support/your-wellbeing>

Wellbeing support services COUNSELLING | PEER SUPPORT 0330 123 124 a range

[Staying Safe](#) Online resource to offer hope, compassion and practical ideas on how to find a way forward and how to make a Safety Plan.

[Beyond Blue](#) Making a Safety Plan.

[Verywellmind](#) How to Create a Safety Plan.

[NHS suicide support](#) Help and resources if you are experiencing suicidal thoughts.

[Dear Distressed](#) Poignant and compelling letters of hope and recovery written by people with lived experience to reach and help others who are struggling with some much needed hope.

[Help is at Hand](#) Support after someone may have died by suicide, produced by Public Health England/National Suicide Prevention Alliance

[After a suicide](#) After a suicide will help you with the practical issues that need to be faced after a suicide, talk about some of the emotions you might be experiencing and suggest some places where you can get help.

Other related links and resources:

[StayingSafe.net](#) - external website, offering compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide

[Schwartz Centre](#) - Nonprofit leading the movement to bring compassion to every patient-caregiver interaction