

NEDDC Employee Wellbeing Update – 15 April 2020

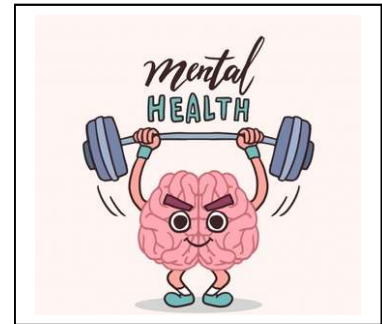
Steps we can all take to help?

- Only leave your home for essential journeys
- Wash your hands with soap and water
- Social Distancing – remember 2 metre Rita and 6 feet Pete!

Today's Theme: Spotlight on Mental Health

Plan Practical Things

- Work out how you will get practical supplies such as food to limit journeys
- If you need regular medicine, you might be able to order repeat prescriptions by phone, or online. Contact your GP. You can also ask your pharmacy about getting your medicine delivered.
- If you support or care for others, think about who can help out while you are staying at home. Talk to your local Council and Carers UK has further advice.



Talk About Your Worries

- It's normal to feel a bit worried, scared or helpless. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.
- If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try, such as the Council's Employee Assistance Programme provided by Axa.

Look After Your Body

- Our physical health has a big impact on how we feel, it is easy to fall into unhealthy patterns of behaviour that make you feel worse
- Try to eat healthy, well-balanced meals, drink water and exercise. Avoid smoking and drinking too much alcohol
- Maintain regular sleep patterns and good sleep practices

Carry on Doing Things You Enjoy

- Don't stay glued to the news, focus on a hobby you can do at home or use this as an opportunity to learn something new, there are lots of free resources online.
- Keep your mind active and take time to relax
- Think about your daily routine, plan your week to include work, exercise and hobbies.

Further Details - Check out NHS - <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.