

NEDDC Employee Wellbeing Update – 21 April 2020

Steps we can all take to help?

- Treat each other with kindness
- Help others where you can
- Social Distancing – remember 2 metre Rita and 6 feet Pete!

Today's Theme: Spotlight on Concerns about Coping with Covid-19



Children & Young People

- If a child is worried, encourage them to talk to you or a trusted adult about their feelings.
- Have conversations about what they might see on the news or online is not always the same as what is happening
- Remind children their response is normal to an abnormal situation
- Keep in touch with family and friends to continue social interaction but ensure screen time is balanced
- Try to create a structure and routine to alleviate anxiety
- Find practical things to do to alleviate worry such as cooking, gardening, puzzles, crafts and exercise.
- For more information, please see <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Adults

- You might be spending more time on social media – have you thought how this affects you? – Find positive accounts that boost your mood, limit screen time
- Take a break from the news
- Plan your days - feel productive through sorting your wardrobe, fixing things, gardening, read a book and taking exercise
- If you live with others remember there are different ways of coping with stressful situations – yours is not the only way
- Understand if elderly relatives have to become the priority in these circumstances
- You may need to get creative with your space at home – take turns in rooms
- Rows are quite likely in these circumstances – it's how you deal with them that counts - if somebody says or does something that upsets you, take a deep breath and count to ten, choose your battles and weigh up whether it is worth it,
- Avoid fallouts - big and difficult conversations may need to be put on hold
- Further information can be found at <https://www.relate.org.uk/relationship-help/covid-19-advice-and-information/maintaining-your-relationship-your-partner>

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.