

## NEDDC Employee Wellbeing Update – 7 May 2020

### Steps we can all take to help?

- If you go out, stay 2 metres (6ft) away from others at all times
- Undertake essential travel only
- Wash your hands regularly

### Today's Theme: Sleep and Self Care

#### Sleep:

As we adjust to the current guidance and try to stay healthy, focusing on sleeping well can offer a range of good health and well-being benefits. Make sleep a priority as healthy sleep will help with productivity, maintain concentration, and keep our energy levels going throughout the day. Here are a few tips for you to try to help improve your sleep:

- Get a good routine - Going to sleep at the same time and avoid lying in will help to set your body clock.
- Make the room as restful as possible - Try tidying up any clutter and blocking out outside light.
- Try something that will help you switch off before bed - Reading a book, listening to soft music or taking a relaxing bath may help.
- Avoid caffeine and sugar before bed - A warm milky drink or herbal teas could help.
- Sleep in a dark room - Draw the curtains or wear an eye mask.
- Try not to check your phone - Limit screen time an hour before bed.

#### Self-Care:

Taking care of yourself first is important so you are equipped to help others through this time. It is normal to feel sad, stressed or overwhelmed during a crisis.

- Seek information updates, from trusted sources: [www.gov.uk](http://www.gov.uk)
- Your stress levels and psychosocial wellbeing are as important as your physical health.
- Talk to people you trust or contact the confidential employee assistance programme: [www.axabesupported.co.uk](http://www.axabesupported.co.uk) - Employees will need to login using the Username 'Information' and Password 'Supported' – There is also a section on Sleep on here.
- Maintain a healthy lifestyle: keep hydrated, eat and sleep well, exercise and still enjoy social contact with family and friends (even if it's virtual).

#### Learn more about sleep and self-care:

- [www.nhs.uk/oneyou/every-mind-matters/sleep/](http://www.nhs.uk/oneyou/every-mind-matters/sleep/)
- [www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/](http://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/)
- [www.combatstress.org.uk/self-care-during-covid-19](http://www.combatstress.org.uk/self-care-during-covid-19)
- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

#### 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.

