

## NEDDC Employee Wellbeing Update – 9 July 2020

### Steps we can all take to help?

- Remember 2 metre Rita and 6 feet Pete
- Limit contact with others as much as possible
- Wash your hands regularly



### Today's Theme: Covid-19 and Anxiety

As we start to slowly and methodically ease restrictions, many of us find ourselves experiencing greater anxiety. During this time, it's important to keep ourselves well informed and practice methods to help reduce the stress and worry that can come with more freedom during COVID-19. We're in a time of massive upheaval. There are so many things outside of our control and that's a tough thing to accept. So many of us respond by endlessly searching the Internet for answers and thinking over all the different scenarios that might happen. But as long as we're focusing on questions with unknowable answers and circumstances outside of our personal control, this strategy will get us nowhere—aside from feeling drained, anxious, and overwhelmed.

When you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control. For example, you can't control how severe the coronavirus outbreak is in your city or town, but you can take steps to reduce your own personal risk (and the risk you'll unknowingly spread it to others), such as:

- Washing your hands frequently or using hand sanitizer when wash facilities aren't available.
- Avoiding touching your face (particularly your eyes, nose, and mouth).
- Keeping 6 feet of distance between yourself and others when out.
- Getting plenty of sleep, which helps support your immune system.
- Following all recommendations from health authorities.

We must also remember that everyone will be handling the situation in different ways, it is important to be mindful of this and not to criticise others or tell them how they should be coping or dealing with things.

### More Information:

- NHS have put together 10 tips if you are worried about coronavirus.  
[https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/?WT.tsrc=Search&WT.mc\\_id=Corona&qclid=EAlaIQobChMI4fTx-Ni\\_6gIVD-vtCh0ROAsqEAAYASAAEqJEsfD\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/?WT.tsrc=Search&WT.mc_id=Corona&qclid=EAlaIQobChMI4fTx-Ni_6gIVD-vtCh0ROAsqEAAYASAAEqJEsfD_BwE)
- Mind have information on managing your feelings about lockdown easing.  
<https://www.mind.org.uk/information-support/coronavirus/managing-feelings-about-lockdown-easing/>
- MHF have information on Looking after your mental health as we come out of lockdown. <https://www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown>
- [https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/anxiety-disorders/?qclid=EAlaIQobChMI\\_76n6Pq\\_6gIVSoQBh2MnQ4SEAYAiAAEgIGFPD\\_BwE](https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/anxiety-disorders/?qclid=EAlaIQobChMI_76n6Pq_6gIVSoQBh2MnQ4SEAYAiAAEgIGFPD_BwE)

### 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.