



Taking care during COVID-19

Noticing

my own needs

- Stop and take a break or rest
- Have a good night's sleep
- Use previous coping strategies that have worked in the past for you
- Breathing exercises – slowing things down can help us cope and feel more in control
- Eat well, stay hydrated and connect with others
- It's okay not to be okay – it's also okay to ask for help, to accept help, and to help yourself

Recognising

the needs of others

- Encourage your colleagues to take regular breaks and eat well
- Make time to check in on colleagues
- If you notice colleagues are in distress or need help – have regular conversations, help them off load, and sign post to appropriate support - eg our Employee Assistance Programme, Care First - 0800 174 319

Get information updates regularly by visiting **My North Mid** for latest information, resources and FAQs.

We will issue a daily email at 11am and hold regular staff briefings.