

Looking after your wellbeing during the coronavirus outbreak

Top Tips



Try to manage how you follow the outbreak in the media

- Limit your consumption of the news and social media
- If the news starts to cause you stress and anxiety, take a break from it
- Don't avoid all news—it's important to keep informed and educated about coronavirus (Covid-19)



Try to avoid speculation and only use reputable sources on the outbreak

Good sources:

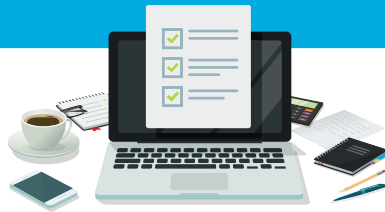
- **Health Protection Scotland**
- **NHS inform**
- **GOV.UK**
- **World Health Organisation**



If you are working from home with children to care for

- Talk to your children about what's happening and tailor it to their age and stage
- Youngminds.org.uk has some guidance on how to talk to children about coronavirus
- Strike a realistic balance and talk to your line manager about what's achievable
- Create a routine that works for your family, keep active and get outdoors
- Be a great role model—teach kids good hygiene and create positive memories
- Nurture their brains with books, schoolwork, music and media, but don't forget to play
- Ask for help, take regular breaks and be flexible around expectations—this is new for everyone

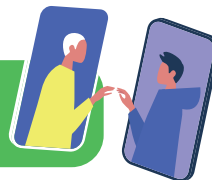
With more of us working from home, delivering essential services and adjusting to life following the current government guidelines, we have put together some advice and tips to help you look after yourself.



Create a routine that works for your family

- Keep active and get outdoors
- Eat a balanced diet
- Have a to-do list
- Take a lunch break
- Have a regular start and end to your working day

Try to anticipate distress



- Acknowledge how you're feeling
- Talk to someone you trust if you are feeling anxious
- Reassure people you know who may be worried
- Check in with people you know and schedule in social and video calls—don't rely simply on text

If you feel you need more support

- Contact our employee counselling service at '[Time for Talking.co.uk](http://TimeforTalking.co.uk)' on **0800 970 3980**—the professionals are there for you
- Visit mentalhealth.org.uk/coronavirus

If you feel you need urgent help or you're feeling at risk:

- call **111** and speak to the **NHS**
- call **116 123** and speak to **Samaritans**

For confidential advice about money and benefits:

- call **0300 300 1238** and speak to **Advice Works**
- call **0141 889 2121** to talk to Renfrewshire Citizens Advice or visit renfrewshirecab.org.uk
- visit the Money Advice Service at moneyadviceservice.org.uk

Looking after your mental wellbeing is as important as your physical wellbeing so thanks to mind.org for some of the following top tips.



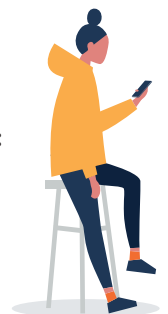
If you are in self-isolation or quarantine

- Acknowledge that it is a different rhythm of life
- Keep in touch with other people regularly on social media, email, phone, video calls
- Create a new daily routine such as reading more or learning something new
- Be gentle with yourself, rest when you need to



Try to stay connected

- Keep in touch with friends and family
- Set up private chat groups on **WhatsApp**
- Increase communication with colleagues working from home in isolation
- Read staff updates on our **Facebook** page, at **@RenCouncil** on Twitter and renfrewshire.gov.uk/coronavirus-staff



This is an unprecedented time with so many people relying on our services. A big thanks to all our staff for the fantastic work you're doing to provide vital public services and caring for the most vulnerable in our communities, in particular our frontline staff. Take care of yourselves and your families.