

Wellbeing Awareness

June 2020



What's Going on This Month



1st – 7th June

National Growing for Wellbeing Week

A celebration of the magic that growing your own produce can do for your wellbeing, both physically and mentally.

MEN'S HEALTH WEEK

15th – 21st June

Men's Health Week

Men's Health Week heightens awareness of preventable health problems for men and boys of all ages, covering both physical and mental wellbeing.



22nd June

International Fathers' Mental Health Day

10% of new dads' experience paternal postpartum depression. The stigma against experiencing difficulties in early parenthood is even higher for men than for women.

Adjusting to the "New Normal"

For most of us, the uncertainty surrounding COVID-19 is the hardest thing to handle. Although it may come as a relief to see the easing of lockdown measures, we are noticing increased anxiety about life post-lockdown, and the "new normal" we are all having to adjust to.

Gradually becoming re-accustomed by slowly coming back to work, and not expecting too much of yourself too soon, is critically important. Just as it was OK to be worried about coping under lockdown, so too is it OK to worry about the next adjustment phase. We can't change our circumstances, but we can control how we cope with uncertainty.

Josephine Bey

Clinical Director, Wellbeing Solutions Management

Beating "Coronaphobia"

The term "Coronaphobia" is being used to describe the fear of returning to normality once lockdown is relieved. Here's some advice on addressing any post-lockdown fears you might have:

Get yourself back into some form of routine: leave the house for an hour or so a day to exercise and get some air.

Continue to observe social distancing: keep your distance from people where possible in public. If keeping some space away from other members of the public will reduce your anxiety, then remember this is OK.

Take time to get used to everything going on: if you don't feel confident returning to work when it reopens, let your manager know how you are feeling. Put in place a plan to continue to work through your anxiety.

One step at a time: spread things out and execute a phased return to 'normal life'. If you're worried about specific issues, such as large public gatherings or using public transport, work on these difficulties at your own pace.



Anxiety Top Tips:

AnxietyUK suggests practicing the "Apple" technique to deal with anxiety and worries:

- ✓ **Acknowledge** uncertainty as it comes to mind.
- ✓ **Pause** - Don't react at all. Pause and breathe.
- ✓ **Pull back** - It is only a thought or feeling. Thoughts are not statements or facts.
- ✓ **Let go** of the thought or feeling. It will pass. You don't have to respond to them.
- ✓ **Explore** the present moment, because right now, in this moment, all is well.

Handling Misinformation

It's vital to stay informed, particularly about what's happening in your local community, so you can follow professionally advised safety precautions and effectively assist in slowing the spread of coronavirus. There is unfortunately a lot of misinformation spreading online, as well as sensationalistic coverage that only feeds into fear. It's important to be discerning about what you read, watch and share.

- **Stick to trustworthy sources** such as the CDC, the World Health Organisation and your local public health authorities.
- **Limit how often you check for updates.** Constant monitoring of news and social media feeds can quickly turn into compulsive and counterproductive behaviour, which will augment anxiety rather than diminish it. Everyone's limit is different, so pay attention to how you're feeling and adjust accordingly.
- **Step away from media if you start feeling overwhelmed.** If anxiety is an ongoing issue, consider limiting your media consumption to a specific time frame and time of day (e.g. thirty minutes each evening at 6pm).
- **Ask someone reliable to share important updates.** If you'd feel better avoiding media entirely, ask someone you trust to pass along any major updates you need to be aware of.
- **Be careful of what you share.** Do your best to verify information before passing it on. We all need to do our part to avoid spreading rumours and creating unnecessary panic.



Top Tips for Mental Health in a Crisis:

1. Research and learn
2. Accept your worries
3. Look after yourself
4. Consider the information you receive
5. Focus on what you can control
6. Think about prevention, not avoidance
7. Think about your impact on others
8. Focus on the present moment
9. Be prepared to say 'no'
10. Don't be afraid to ask for help



Your Employee Assistance Helpline provides you and your family with counselling and advice, covering a variety of personal or workplace issues.

Whatever our age, background or role in life, we all have problems from time to time. Talking to a counsellor or advisor about a problem can help us find a way forward.

This service is paid for by your employer and is provided by an independent company, Wellbeing Solutions Management.

There is no cost to you and all calls are confidential.

24/7 freephone: 0800 328 1437



Mental Health



Work



Law



Money



Family



Older People



Wellbeing



Addiction



Managers

Online: employeeassistance.org.uk