







Self-care during COVID

COVID-19 means we are all experiencing an unprecedented situation. Everyone reacts differently, and we will all have periods where we find it more difficult to deal with. Now more than ever, it's important to look for signs of stress in yourself and others.

Are you experiencing any of these more frequently than usual?

-  Always feeling overwhelmed, worried, anxious or scared
-  Having racing thoughts or difficulty concentrating
-  Having trouble sleeping or feeling tired all the time
-  Eating more or less than usual
-  Feeling irritable or impatient
-  Avoiding certain things or people

These are some things you can do to take care of yourself:

- It's often helpful to speak to a trusted friend, colleague or Mental Health First Aider. Find out what your organisation offers by speaking to your manager, looking at your intranet or speaking to your HR team.
- **Every Mind Matters** - nhs.uk/oneyou/every-mind-matters/ - has lots of tips for dealing with stress.
- **Dorset Mind** - dorsetmind.uk/help-and-support/ - has a range of online support services. You can refer yourself to these.
- Speak to **LiveWell Dorset** - livewelldorset.co.uk - about making healthy lifestyle changes.
- If you're struggling to cope with stress or you've experienced a traumatic event, **Steps 2 Wellbeing** has psychological therapists and counsellors who can help. You can refer yourself for support online at steps2wellbeing.co.uk.
- If you are experiencing mental health problems and want to speak to someone, you can call **Connection** 24/7 on 0800 652 0190 - dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/connection.