

# Coronavirus

Here at SfS, our learners wellbeing is our main priority. We understand that many of you will be dealing with changes during the current period whether that's being on furlough, not being able to see loved ones, or you or a loved one having symptoms/being a confirmed case of Covid-19. We have created this desk aid in order to guide you through this time. Please feel free to talk to a member of staff if you have any concerns.

## Coronavirus and your wellbeing

As things are slowly starting to become the new 'normal', there may be times you feel uneasy or anxious. Here are a few ways of how to take care of your mental health whilst self-isolating:

- Keep in touch - although you may not be able to meet with friends and family as you usually would, it is still important for you to connect with people via your phone, laptop or tablet.
- Spend time outdoors - make sure you get some fresh air by doing your daily exercise outside or meeting other people in local parks etc. (whilst following government guidelines).
- Pay attention to your diet and daily routine - make sure you are keeping active and eating the right foods to keep you energised.
- If you don't often exercise, you can incorporate physical activity into your daily routine by cleaning in the house, dancing or climbing stairs.
- Be aware of the news - although it is important to keep updated with the news, it is also important to make sure you are only using reliable sources and that you do not overindulge.

## Working during this time

It is understandable that working (or not working) during this time might mean you feel emotions you haven't otherwise felt. These may include stress, anxiety and guilt.

You may feel stressed if you have to come into contact with other people outside of your household, or if you're working longer hours than usual. It is important for you to be aware if you are starting to feel stressed, make sure you take time out to recharge.

You may also feel anxious if you are working during this time, you may worry about your own health as well as those you live with. Make sure you are aware of your surroundings and follow the government advice on how to stay safe.

### Other worries you may have

If you haven't been working during this time you may have been worrying about money or your living situation, it is important for you to be aware of your rights as well as ways of coping during this time. Please look on websites such as *Shelter.org.uk* for further advice and guidance.

You might already suffer with mental health difficulties and deal with them in ways you are unable to currently. You might feel trapped or claustrophobic, in order to deal with this please read over the previous tips to make sure you're keeping active, eating well and keeping in contact with loved ones. There are also many websites including *Mind.org.uk* that has information and guidance for your health and wellbeing.

### Important information

It is important for you to be aware of your surroundings during this time. If you are suffering with any symptoms (please refer to the Gov.uk website for details) then you should self-isolate for at least 7 days. If you are due into the training centre during this time it is crucial you make a member of staff aware so that we can reschedule your session.

### Other desk aid's that may be of use to you during this time

- Bereavement and Young people
- Sexting
- Gambling

Please ask a member of staff if you would like access to any of these resources or access them through the *Resources* section on OneFile.