

Routine

Having a daily routine helps - get dressed, prioritise your jobs, go for a walk, etc.



Be Interested

Ask how someone is and be interested in the answer. Life is difficult right now and we need to recognise this.



Regular Breaks & Exercise

Every 25 minutes get up and stretch, breathe, go outside, go up and down the stairs to get the blood flowing around your body. Remind yourself by setting an alarm.



Food

Think about food preparation for the week. Can you batch cook ahead? Have healthy snacks to hand, otherwise you will eat all the chocolate!



Mental Wellbeing

Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.

Avoid watching, reading or listening to news that causes you to feel anxious or distressed; seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones.



Plan Your Work Environment

Find a space away from your main living area if possible and remove any distracting clutter.



Fresh Air

Try to get outside for a walk or cycle, but keep close to home and stay more than 2m apart from others.



Monitoring as a Manager

Check in with your team members and ask for an update. Ask what they are working on, what is going well, what isn't going well and what barriers they are facing. Check and make sure that their workloads and hours are manageable.



Socialisation

This is the big one. We all need to talk to each other. If physical contact is not possible, use technology like Lync (this is better than on the phone as it is easier to see how someone is).

