

BLUE MONDAY LEARN AT LUNCH 18.01.21

Ideas on how to look after yourself
and to stay positive in the pandemic



Early warning signs you need help

Mental health issues can begin at any age and at anytime that can effect your loved ones. We don't always know how to detect the early warning signs of mental issues taking shape in our friends or families. The Rethink Mental Illness website, [here](#) has some excellent information on identifying stress and anxiety.



01

Intense Emotions

02

Substance Abuse

03

Drastic Weight Changes

04

Difficulty Concentrating

05

Mood Changes

06

Physical Symptoms

07

Physical Harm

08

Behavior Changes

7 resources that can help you



1. To access Government support specifically in relation to Coronavirus, click [here](#).
2. Centres for Disease Control and Prevention have some excellent advice [here](#) for coping with the pandemic and stress
3. MIND (the charity for better mental health) offer lots of invaluable advice on taking care of your mental wellbeing, see [here](#).
4. The Mental Health Foundation website is worth visiting to access lots of coronavirus and mental health tips, see [here](#).
5. The Samaritans offer lots of support for those who feel low and down. More details are available [here](#).
6. We like NHS Stress Busters. There are some excellent tips [here](#) and we like the short audios e.g. on sleeping well.
7. We love the @BELIEVEPHQ twitter. Lots of information and eye-catching one-page information and advice sheets. Follow them on Twitter.

Simple tips for better wellbeing that were shared via Learn at Lunch



01

Avoid or limit the COVID news

02

Don't be too hard on yourself

03

Set yourself one small goal each day

04

Yoga, stretching, medication, walking and exercise improve your mood

05

Get creative: write, draw, paint, bake, sew, play music, make models, etc.

06

Don't isolate yourself. Keep talking to others and ask them if they are OK.

07

Remember the Headspace App is free to all NHS staff

08

Take some 'me-time' every day, even if it is just for 5 minutes!