

# WELCOME WELCOME WELCOME

We've all faced huge challenges over the last few months. From changes to working practices, having fewer options to do what we want in our spare time, having to stay at home more, on top of the very real worry of potential or actual illness of ourselves or our loved ones.

Many of us have felt anxious or scared. The ever-present pandemic has had an understandable effect on our ongoing mood and outlook.

Professionally and personally, it has been a busier time for many. For others, changes may have left you feeling like your sense of purpose has been lost. The challenges have been many and varied, and it's clear that no two experiences are alike. We may all be sailing in the same storm, but we're not all in the same boat.

It's likely that we will continue to experience turbulence as a result of the pandemic for some time yet. We want to make it as easy as possible for you and your teams to continue to look after yourselves.

## LOOKING AFTER YOURSELF AS A LEADER

- 01** Show self-compassion – it's ok and completely normal to feel worried or stressed.
- 02** Talk to your peers and your line manager.
- 03** Try to get rest outside of work. If you're having issues with sleep take a look at Sleepio, a clinically-evidenced, online sleep improvement programme.



- 04** Balance nutritious food that can sustain you throughout this period with treats too.
- 05** Try to ensure you exercise every day: walk, run or cycle.
- 06** Try to avoid alcohol as a coping strategy. It can make you feel more tired and worsen your health in the long run.

- 07** Keep checklists and aide memoires.
- 08** Make use of existing support such as Occupational Health, Insight Wellbeing, National helplines, Staff Wellbeing Team, Staff Engagement and Organisational Development.

