

### Topic Improving your Mental Health

#### Overview

- Maintaining relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family via telephone, video calls or social media
- Think about how you could help those around you – it could make a big difference to them and can make you feel better too. Could you message a friend or family member nearby?
- It is quite common to feel worried, scared or helpless about the current situation. Remember that this is a difficult time for everyone and sharing how you are feeling and the things that you are doing to cope with family and friends can help them too
- Your physical health has a big impact on how you are feeling emotionally and mentally. At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse.
- Feeling anxious or worried can make it harder to get a good night's sleep. Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important to get enough.
- Many people find the news about Coronavirus (Covid-19) concerning. However, some people may experience such intense anxiety that it becomes a problem. Try to focus on the things you can control, including where you get information from and actions to make yourself feel better prepared.
- 24-hour news and constant social media updates can make you more worried. If it is affecting you, try to limit the time you spend watching, reading or listening to media coverage of the outbreak
- Involving our family and children in our plans for good health is essential. We need be alert to and ask children what they have heard about the outbreak and support them, without causing them alarm.



#### Top Tips

- Consider how to connect with others
- Help and support others
- Talk about your worries
- Look after your physical wellbeing
- Look after your sleep
- Try to manage difficult feelings
- Manage your media and information intake
- Talk to your children

#### Areas for discussion

- What can we do to help those around us?
- Why is it important to open about how we are feeling during this current situation?
- Why is it important to look after your physical health and ensure that you get plenty of sleep?
- Why should we consider limiting watching, reading or listening to news that could cause us to feel anxious or distressed?
- What resources do we have available to us which can help us to improve how we feel?
- How can we as a team support each other through this current situation?

## Useful Resources

- **Employee Assistance Programme (EAP) contact details:**
- Freephone - 0800 111 6387
- From outside the UK:+44 845 330 5132 (Calls will be charged but call-back can be requested)
- Rehab Works Manager Helpline - 0800 1116 385 (for referring employees/general information)
- Website: [www.my-eap.com](http://www.my-eap.com)
- South West Water/PWS & Pennon Organisation Code: SWWLwell
- Viridor – organisational code: VWMLwell

## Version History

VERSION	AREA OF CHANGES	DESCRIPTION OF CHANGES	APPROVED BY	DATE OF RELEASE DD/MM/YYYY
1.0	All	Initial Release	Chris Ingham	09/04/2020