



Queen Margaret University
EDINBURGH

Health and Wellbeing

tips to help you care for your
mental wellbeing during times
of uncertainty

The advice of the UK
Government is to stay
at home to protect the
NHS and save lives.



We recognise that staying at home for a prolonged period may be difficult, challenging, frustrating and /or lonely for some people to varying degrees.

We understand that this is an uncertain time for everyone and we wanted to re-assure you that staff and student health, safety and wellbeing is our top priority. This document provides some useful hints and tips to help protect your health and wellbeing as you come to terms with settling and adapting to working remotely.

Stay in touch with family, friends and work colleagues

- Via the phone/video calls or through social media
- Via use of Microsoft teams for calls and meetings
- Consider setting up or joining any local online groups in your local neighbourhood
- If you can provide help to elderly neighbours
- We spend a lot of time casually connecting in the office, so schedule time to call and check in with team members and other colleagues



Establish a routine

If you are working or staying at home it is important to continue with a regular routine:

- Set the alarm for a regular time for waking up
- Eat at regular times
- Get dressed and ready for the day ahead every morning
- Have a structure to your day

- Remember to plan in daily exercise [Workstation Exercises](#)
- FREE [QMU Sports Mywellness App](#)
- Keep up to date with the news but not too often if this causes distress and worry
- Take breaks throughout the day, just like you would to get coffee at work – do a load of washing or walk the dog

Take regular exercise

- Plan to go outside for fresh air and physical activity on a daily basis
- Look for online classes or courses that provide guidance on taking light exercise in your home such as [The Body Coach](#) – a free daily 30-minute exercise session, Monday–Friday 9am to 9.30am, suitable for all levels of fitness (watch live or on repeat)
- Download the QMU Sports Free Fitness App in conjunction with Technogym [QMU Sports Mywellness App](#)
- Incorporate physical activity into your daily routine doing housework, for example.



Mental Health and Dealing with Anxiety

Having good mental health helps us relax more, achieve more and enjoy our lives more.

Infection disease outbreaks, like the current Coronavirus (COVID-19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times.

- Find more information for looking after your mental health during coronavirus outbreak at [Mental Health Foundation](#)

Anxiety is a normal common response to any situation where we feel stressed, fearful or uncomfortable. It's important we all know it's okay to feel anxious.

- Acknowledge your anxiety.
- Take action by using reliable sources and keeping up-to-date.
- Try to encourage friends and others to be measured and not feed further anxiety.
- Put things in perspective.
- Find a reliable source to keep up to date with information including [GOV.UK](#) or the [NHS](#) to ensure that you are aware of risks and therefore allowing you to take sensible precautions if required.
- [NHS Inform](#) is Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care for.
- Remember that you can access information and FAQs on our coronavirus webpages, at [COVID-19 \(Coronavirus\) Advice](#) and regular updates on Moderator.
- Still focused on wellbeing, you might like to take a look at the latest issues of Edinburgh Health and Social Care Partnership's [Thrive newsletter](#), which is dedicated to advice on looking after your mental health and wellbeing in the current situation.

Get support if you need it

During the global coronavirus pandemic we are facing a tragic loss of life, often under very difficult circumstances, and we may have to deal with increased trauma when cut off from usual support networks.

- Cruse Bereavement Care have put together resources which cover some of the different situations and emotions bereaved people may have to deal with who may be affected by this pandemic. **Coronavirus: dealing with bereavement and grief**
- It is usual to feel uncertain and anxious during unprecedented times and there are various sources of support available including **NHS Every Mind Matters website**.
- As a reminder all QMU staff have access to the **Employee Assistance Programme - Be Supported** provided by AXA PPP Healthcare. They offer support with the following:
 - Home, Work & Financial issues
 - Challenging Situations
 - Medical Concerns
 - Anxiety and Covid-19 and dealing with mental health issues and worries around coronavirus
- Support can be offered over the phone on (Freephone) 0800 0727072
- Keep in regular contact with your line manager.



Recommended Helplines and Support Groups

Whether you're concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

[Employee Assistance Programme - Be Supported](#)

- **Mental Health Foundation** tips which are constantly being updated and also include information on how to look after your mental health during the coronavirus outbreak
[Mental health during the coronavirus outbreak](#)
- **OCD-UK** and Coronavirus Top Tips
[OCD-UK Coronavirus top tips](#)
- **Beat** is the UK's leading charity supporting those affected by eating disorders and campaigning on their behalf.
[Eating disorders and coronavirus](#)
- **The Sanctuary**, a chat room and safe space for people with an eating disorder to share concerns and advice on how they are coping with the pandemic.
[The Sanctuary](#)
- **Papyrus**, prevention of young suicide: helpline and supporting resources
[Papyrus - Practicing self care](#)
- **Bipolar UK: Bipolar disorder and coronavirus**
[Bipolar - coronavirus emergency](#)
- **The Stay Alive App: An app for those at risk of suicide and those worried about someone**
[Stay Alive](#)
- **CALM: Helpline for everyone but especially men, and tips on coping with social isolation**
[CALM](#)
- **Mind: Coronavirus and your wellbeing**
[MIND Coronavirus and your wellbeing](#)
- **Anxiety UK: self-help resources for anxiety related conditions**
[Anxiety UK](#)
- **The Samaritans**
[The Samaritans - if you are worried about your mental health during the coronavirus outbreak](#)
- **Support for victims of domestic or sexual violence and abuse: Coronavirus: Victim and witness services**
[Gov UK Victim and witness services](#)