HLS Wellbeing Newsletter

**7th May 2020**

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# Introduction

Welcome to the 6th edition of the HLS Wellbeing Newsletter. Are you like us and can’t believe that over 6 weeks has gone by since we last were all at the university? Or have you settled into your new lockdown life?

Either way you may be starting to feel worried about more change coming. This anxiety may be from the changes that are coming from the end of lockdown and into the “new normal”. What will that look like? Will I cope with the new working routine? As well as this, there has also been a change within the Faculty. New structures, new line managers and even new responsibilities. It is perfectly normal to feel a rush of feelings and anxiety around change. We hope to once again offer support in this newsletter, particularly around change, as well as where you can get support if it is too much or just a bit of light relief from these worries.

# University support:

**Staff:** Check out the University [Wellbeing Hub](https://www.liverpool.ac.uk/intranet/wellbeing/) which is the home to all the University information about wellbeing including self-help wellbeing support, on-line CBT courses and resilience courses.

It also has detail on the staff confidential counselling and advice service the [Employee Assistance Programme](https://staff.liverpool.ac.uk/our-workplace-and-community/support-and-development/employee-assistance-programme/)

Additional help and advice can be found on the [Researcher hub pages.](https://www.liverpool.ac.uk/researcher/work-life-balance/wellbeing-covid-19/)

The [Thriving during Isolation module](https://your.mindset.co.uk/thriving-during-isolation/) from The Academy comes with a downloadable workbook which is a programme to guide you through building your personal thriving during isolation strategy.

**PGRs:**

**New COVID-19 FAQs webpage for PGRs now live:** The Liverpool Doctoral College has created a COVID-19 FAQs page for PGRs to help answer questions and direct you to the relevant support. The page will be updated frequently with news and additional information as soon as it is available. [Please view the link here.](https://www.liverpool.ac.uk/student-administration/research-students/covid/)

The University Student Services are available for support to all PGRs via telephone and email, please view their [intranet pages](https://www.liverpool.ac.uk/studentsupport/advice/) for full details. There is also a dedicated [Wellbeing Resources](https://www.liverpool.ac.uk/studentsupport/advice/resources/) page providing specific support information on how to stay safe and well during COVID-19.

The LDC have a number of online courses, workshops and webinars available to help during this period, find out more [here](https://www.liverpool.ac.uk/pgr-development/offering/catalogue/) for dates and times.

External support for mental health: [NHS webpages](https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/) provide support for many mental health and wellbeing difficulties and an extensive list of links to organisations.

## NEW RESOURCES

The university Diversity and Equality team have launched a new webpage that collates guidance and resources for managers on team wellbeing, diversity & equality considerations and a narrated presentation on supporting staff mental health.

* The main page can be found [here](https://www.liverpool.ac.uk/intranet/hr/managers/team-wellbeing/)
* [D&E factsheets](https://www.liverpool.ac.uk/intranet/hr/managers/team-wellbeing/factsheets/)
* [Presentation on supporting team members mental health](https://www.liverpool.ac.uk/intranet/hr/managers/team-wellbeing/supporting-mental-health/)

# Tips and links to articles:

**Dealing with Change**

Change, whether big or small, can trigger worry and anxiety. It is normal to feel a number of emotions. Especially if that change has been unexpected or was out of your control.

There is a lot of change going on at the moment; change from our everyday lives with the lockdown and change from the lockdown back to a new way of working and living. But there has also been change closer to home with the restructure within the Faculty.

If you are struggling or feeling overwhelmed by any of these changes you are not alone. This week Jenna talks about the effect change can have on her mental health in her video [blog](https://www.youtube.com/watch?v=wSclEF4xW2k&t=44s). It is important to recognise this may have an impact and take time to look after yourself and find ways to cope with these changes.

**Supporting each other/colleagues during change**

It is important to support both yourself and others around you during periods of change.

**Lockdown:** Being supportive towards your family and friends wellbeing during lockdown can be really helpful and can be achieved in the smallest of actions, find out more [here](https://www.time-to-change.org.uk/coronavirus)

**Restructure:** If you are a leader, manager or supervisor that will be assisting in delivering change in the new HLS structure, there is a number of support resources available at the university to offer guidance on [how to support your staff during change.](https://staff.liverpool.ac.uk/our-university/strategic-change/toolkit/supporting-yourself-and-others-during-change/)

**Supporting your mental wellbeing during change**

[Change can affect your mental wellbeing in many ways](https://www.nhs.uk/oneyou/every-mind-matters/possible-causes/#coronavirus), both positive and negative. As individuals we strive to change for the better, with positive outcomes. We also have change that impacts us in a negative way that can be caused by ourselves, others or the environment around us.

It is important to understand the significance change can have on our mental wellbeing and the affect it has on how we feel, our daily routine and our life pathway. [We must look after our wellbeing](https://www.mentalhealth.org.uk/publications/how-to-mental-health) in periods of change, whether that change period be temporary or permanent.

### University resources for supporting change

Here is a number of resources delivered by the university to help support staff during times of change.

* The [Change Toolkit](https://staff.liverpool.ac.uk/our-university/strategic-change/toolkit/supporting-yourself-and-others-during-change/) available on the strategic change webpage provides lots of embedded resources for staff and managers.
* Online modules on Personal agility and Resilience are available on [Vital.](https://vital.liv.ac.uk/webapps/blackboard/content/listContent.jsp?course_id=_151460_1&content_id=_1553169_1)
* A [mindset self-coaching platform](https://www.liverpool.ac.uk/intranet/the-academy/developing/online/mindset/) is available via The Academy, which you can use to tackle specific personal areas independently. With the topic of change in mind, specific modules on [‘Change Readiness’](https://your.mindset.co.uk/change-readiness?sso=cWdoSlJzb3o0aisrYXFmTWJBeXYrZz09Xl5FZ24rNzV4Ny93Y25aNXdET00rZmV4OVdyNkNTeUFxVWJETWQrWEVxSVhvPSoqeU12SDY0M3l5Vnc9), [‘Resilience’](https://your.mindset.co.uk/resilience?sso=M2tCNVFmMkFIMmU0ZUp6RUJyWWFaQT09Xl5CbGNYL1FhNzBZcHg3bFFjMHUrNk12dmNQMUtRVUhVS0ZRL283VjB2NDVZPSoqN1Z3Z1orMGdocjQ9) and ‘[Thriving during Isolation’](https://your.mindset.co.uk/thriving-during-isolation?sso=Z0EyYnNkWW9NNjArQmpJMm9nK2hRdz09Xl5zdHcyalExL3dWd3NBTUlSUEUzc0xIR0txaGVXMXNWRmViWXhFa3ZOekt3PSoqR2I3NFQ3aVdPUUE9) could be highly beneficial, alongside a large list of other self-coaching topic areas.

# Top tip from you

We are really enjoying hearing tips and tricks from the HLS community!

Please keep sharing: this can be useful articles you have read, activities you are involved in, practises that are working well in your research group, recommended tips to managing working from home or anything else you feel could be helpful. Please email [Maizy Jenner](mailto:m.jenner@liverpool.ac.uk) with these suggestions and we will include them in the next newsletter.

***Top tips shared from members of the HLS community:***

A member of the HLS community shared an online creative scavenger hunt they have been getting involved in, provided by <https://www.gish.com/>

They are hosting a series of play-at-home 24 hour mini hunts at different times. There is another in 4 weeks’ time and registration opened on Monday 4th May.

This is an US-based website: please note there is a cost per person to register (roughly $15).

# Exercise options

Join in with next week’s Lockdown challenge - 1 million steps in 1 week 11-17th May 2020  
  
Sport Liverpool would like to set a challenge! Can we walk 1 million steps in 1 week? Beginning next week, we would like to encourage everyone to take some time out of their lockdown routine to go for a walk. By yourself, with your partner, your kids or pets. You can even log the steps from within your home – walking up the stairs, doing household chores or playing with the kids. Every step counts.  
  
All you have to do is, after each day, send them your step count or distance walked. You can do this in a variety of different ways. Click the Log Steps link on their website and social media accounts or use the link at the bottom of this page.  
  
How to calculate steps – the easiest way is to get the results from your smart phone or smart watch. If you are unsure where this is on your phone, just google search 'How to track steps on' and then your device model. If your phone doesn't have this feature then there are many pedometer apps available on app stores – search pedometer.  
  
We would love to hear how you are getting on through the week so share your walks with us on social media. Tag us in your posts on Twitter and Instagram @sportliverpool  
  
Good luck everyone! #StayInWorkOut #LivUniStepChallenge #1Mil1Week  
  
[LOG STEPS HERE](https://docs.google.com/forms/d/e/1FAIpQLSdz2fFy-ZU4Vq5xs5xAj196OilpgXA2E252LhVG0Sm2zOKd9Q/viewform)

# Lockdown tips and tricks

If you want to “get out and about” still, then Dave MacEwan has kindly passed on a list of virtual tours he had made for his family.

**Museums, Zoos, Aquaria, Theme Parks**

[Good housekeeping ‘Best virtual Tours’](https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/)

[National Gallery](https://www.nationalgallery.org.uk/visiting/virtual-tours)

[Liverpool Museums](https://www.liverpoolmuseums.org.uk/virtual-tours)

**Natural Wonders**

[The Guardian ‘Worlds natural wonders’](https://www.theguardian.com/travel/2020/apr/06/10-best-virtual-tours-of-worlds-natural-wonders-everest-patagonia-grand-canyon-yosemite)

**Landmarks**

[The Guardian ‘Best virtual tours, most famous landmarks’](https://www.theguardian.com/travel/2020/mar/30/10-best-virtual-tour-worlds-most-famous-landmarks)

[Visit London](https://360.visitlondon.com/)

[Royal virtual tours, Buckingham Palace](https://www.royal.uk/virtual-tours-buckingham-palace)

[Virtual tours, UK landmarks](https://www.housebeautiful.com/uk/lifestyle/g32005735/virtual-tours-uk-landmarks/)

**Mixed**

[Independent ‘Best travel experiences during lockdown’](https://www.independent.co.uk/travel/news-and-advice/virtual-travel-experiences-vr-museums-galleries-national-parks-coronavirus-lockdown-a9409776.html)

[Harpersbazaar ‘Best cultural museum world online virtual tours’](https://www.harpersbazaar.com/uk/travel/g31974056/best-cultural-museum-world-online-virtual-tours/)

[Virtual tours of national parks around the world](https://www.techradar.com/uk/best/virtual-tours-museums-national-parks-around-the-world)

[Breathtaking virtual tours during lockdown](https://www.buzzfeed.com/jordanclaydenlewis/breathtaking-virtual-tours-during-lockdown)

# Fun, Frivolity and forgetting corona

WEEKLY QUIZ

I hope you enjoyed both the quizzes last week. It seems that flags seem to have stumped a lot of you!

This week’s winner was…… Drum Roll please……

**Champion of the Quiz**



1st Place

Justin Shanahan

Answers:

1. Finland
2. Iraq
3. Argentina
4. Mauritius
5. Singapore
6. Canada
7. Papua New Guinea
8. Bermuda
9. Croatia
10. Hawaii

The answer to the brain teaser was:

Shady shot his wife in a drive in cinema

Well done to Ann Porter and Andrea Newhouse for getting it correct!

I am really missing going to the cinema, though I have enjoyed the time to re-watch some old classics. So this week’s quiz is movie themed. Can you guess the movies from these scene stills?



As last week email your answers to [j.kenyani@liverpool.ac.uk](mailto:j.kenyani@liverpool.ac.uk) and I will reveal the winner next week! Good Luck!