HLS Wellbeing Newsletter

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# Introduction

COVID-19 has changed the world. Our work environments have changed, restrictions are in place and there is a worry about what is still to come. All of these things can put pressure on mental wellbeing.

This newsletter is to help all staff and students within HLS during these unusual times. We hope to bring you advice and guidance as well as tips and tricks to help look after yourselves. But we also want to put a smile on your face so there will be some light hearted segments as well.

# 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 [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/)

**PGRs:** 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

The LDC have a number of online courses, workshop, webinars and writing retreats available to help during this period, find out more [here](https://pgrnews.liverpool.ac.uk/?p=3942) for dates and times.

***External support for mental health:***

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

# Tips and links to articles:

There are lots of really useful helpful articles and websites to help support your wellbeing and we will highlight a number of these in this newsletter each week.

It is important to think about your wellbeing while working from home as this for many people will be a very different working environment to what they are used to. Here is some help advice from [Every Mind Matters](https://www.nhs.uk/oneyou/every-mind-matters/) on [looking after your wellbeing whilst working from home](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/) and also a [blog](https://mentalhealth-uk.org/blog/how-to-look-after-your-mental-health-while-working-from-home/) from [Mental Health UK](https://mentalhealth-uk.org/)

**Are you a carer?**

It is also likely that individuals will have caring responsibilities for others in their household. It is important to understand how to look after yourself and the people in your home during this time. [Carersuk](https://www.carersuk.org/) provide [help and advice for carers](https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19).

**Looking after children whilst working from home?**

Many staff and PGRs will have the care of their children to think about during this time and will have to be juggling working from home and looking after their children. Here is a helpful [blog](https://mentalhealth-uk.org/blog/looking-after-children-and-yourself-while-working-from-home/) with useful tips and advice.

**You are not alone**

It is easy to think that other people are handling this better than you. BUT it is ok to not be ok. It is ok to be struggling in this difficult time.

Our very own Dr Jenna Kenyani is talking honestly about her experience of how difficult it can be in some video-logs (<https://www.youtube.com/watch?v=g5hr2-aH3w8>)

**Feeling Anxious?**

It is really easy to let the worries of the current situation take over your life and cause increased anxiety. It is important to keep perspective and try to continue every-day life and activity where possible. Here are some tips from the NHS on [how to help manage your anxiety relating to COVID-19.](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/)

# Top tips from you

*Asking staff and students to share:*

We would really like to hear from the HLS community about what you are doing to help boost your wellbeing during this time. 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 with these suggestions and we will include them in the next newsletter.



**WELLBEING TOP TIP: Eat well to boost your mood**

## Jennifer Mitchell, ITM PGR wellbeing advocate

Eating a Mediterranean diet with lots of fresh fruit and vegetables can have a positive impact on your mood.

Find out more in this **Nature** review article: <https://www.nature.com/articles/s41380-018-0237-8>

# Exercise options

Some of you may have already attended the Tai Chi classes that the LBIH have organised and taught by Mark Pountney over the last year. Mark has recorded some videos for those who wish to try this at home:

The warm up link: <https://youtu.be/i8erSms2ezE>

Foundation Qi Gong link: <https://youtu.be/ahmD2iY0uyc>

Some of the benefits claimed for Tai Chi & Qi Gong include:

* Better mood, with lower levels of depression, stress, and anxiety.
* Greater aerobic capacity and muscle strength.
* More energy and stamina.
* Enhanced flexibility, balance, and agility.
* Lower blood pressure and improved heart health.
* Reduced Inflammation.
* Improved sleep quality and much more...

# Lockdown tips and tricks

The Academy’s OD Team has created a wakelet site which contain a wealth of curated resources regarding working from home and looking after your wellbeing which can be found [here](https://wakelet.com/wake/e6379fe2-ad80-476e-ac86-86b021db75cd)

The guide Liverpool have a directory of places that are delivering takeaways or other items during the lockdown <https://theguideliverpool.com/directory/>

# Fun, Frivolity and forgetting corona

This week’s light hearted moment is a quiz. First person to email j.kenyani@liverpool.ac.uk with the correct answers will get a shout out and crowned QUIZ KING/QUEEN in next week’s edition.

