

This page contains resources to help HSC staff support their own, and other's, health and wellbeing during the ongoing COVID-19 pandemic. Please click on the links in the bullet points under each section to access the resources.

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Looking after your team - Resources for managers

[King's Fund: Responding to stress infographic](#)

[Supporting staff: Quick guide for managers](#)

3 step check in for teams

1. [Start of shift](#)
2. [Mid shift](#)
3. [End of shift](#)

[Psychological infection control during COVID-19 BHSCT Resource](#)

[Breathing space.pdf](#)

Key Support Hubs:

- [HSC Leadership Centre Hub: Supporting Health and Social Care leaders and teams through Covid-19](#)
- [Kings Fund Hub Leading through Covid-19; supporting health and care leaders in unprecedented times](#)
- [Faculty of Medical Leadership and Management \(FMLM\) Hub: Support in the time of Covid-19](#)

- [The Heath Foundation: Responding to Covid-19](#)

Articles and Materials:

- [HBR Article: *How to Keep Your Team Focused and Productive During Uncertain Times*](#)
- [Kings Fund Blog: *Covid-19: why compassionate leadership matters in a crisis*](#)
- [Kings Fund Publication: *A very brief introduction to teaming*](#)
- [Management Advisory Service Article: *Tips for Strengthening the Resilience of Remote Workers*](#)
- [Q/Health Foundation Blog: *Leadership in a crisis: the importance of courage and caring*](#)
- [Ted Talk: Amy Edmondson; *How to turn a group of strangers into a team \(13 mins\)*](#)

Media Links:

- [Ted Talk: Amy Edmondson; *How to turn a group of strangers into a team \(13m 07s\)*](#)
 - [Michael West; *Compassion is core during the pandemic \(6m 29s\)*](#)
 - [Michael West; *Caring for the carers during COVID-19 \(8m 42s\)*](#)
 - [Michael West; *Looking after colleagues during the COVID-19 crisis \(5m 38s\)*](#)
 - [Michael West; *Collective and compassionate leadership during the Covid-19 crisis \(12m 56s\)*](#)
 - [Michael West; *Effective teamworking during the COVID-19 crisis \(5m 42s\)*](#)
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Looking after your psychological wellbeing - Resources for supporting your mental health

- [Minding your Psychological Wellbeing during the Coronavirus outbreak](#)
 - [NHSCT Advice Sheet for staff during COVID 19](#)
 - [Top Tip](#)
 - [Face COVID - How to respond effectively to the corona crisis](#)
 - [Joy at Home](#)
 - [Guide to living with worry and anxiety amidst global uncertainty](#)
 - [Dr Julie Highfield - Sustaining wellbeing during COVID-19](#)
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Looking after your physical health

Fatigue and Sleep

- [Fatigue](#)
- [Sleep hygiene](#)
- [Guide to better sleep and COVID-19](#)
- [Sleepio App](#)

Diet

- [Eat well plate](#)
- [Easy, healthy recipes](#)
- [I can cook it](#)
- [British Dietetic Association: Issues related to the COVID-19 pandemic](#)

Alcohol and drugs

- [Don't get locked in](#)
- [Focus on alcohol](#)
- [Mixing two or more drugs at the same time, including alcohol](#)

Physical fitness

- [Get active your way](#)
- [Walking; Take the next step](#)
- [Home video workouts](#)

Self-care

- [Intensive Care Society](#)
- [Self-care during COVID-19](#)
- [Avoid dehydration](#)
- [BWell](#)
- [Hand hygiene and management](#)

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Looking after your family - Resources for children and young people

Support for parents in talking to and supporting children & young people during Coronavirus:

- [Advice for parents during the Coronavirus outbreak.BHSCT .pdf](#)
- [Supporting parents of Children and YoungPeople during lockdown.whsct .pdf](#)
- [talking to children about illness.BPS .DCP .pdf](#)
- [talking-to-your-children-scary-world-news \(1\).pdf](#)

Information specifically for children & young people re Coronavirus:

- [What is coronavirus?](#)
- [Mind your Mental health during coronavirus](#) – info leaflet for teens.
- [CoronaComic](#)
- [My Hero is You – storybook for children.](#)

Information specific to LD/ASD

- [Supporting children with ASD/D during covid-19](#)

Activities for Families During Coronavirus

- [Your feel good booklet](#)

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Supporting people with learning difficulties and/or autism

- [Information about COVID-19](#)
- [All about COVID 19 - self-isolating if you live alone](#)
- [All about COVID 19 - self-isolating if you live with others](#)
- [All about COVID 19 -what does social distancing mean?](#)
- [Information about the COVID-19 vaccine](#)
- [Coronavirus vaccine questions and answers](#)
- [Keeping everyone safe - the rules about face coverings in Northern Ireland](#)
- [How to travel safely](#)

- [Stop coronavirus - keep clean](#)
- [How to wash your hands - a step by step guide](#)
- [Avoiding coronavirus scams](#)
- [Good Days and Bad Days During Lockdown - Books beyond words](#)
- [Jack plans ahead for coronavirus - Books beyond Words](#)
- [Supporting people who have learning disabilities and autism](#)
- [What can help you feel better when someone else dies](#)
- [Going to a funeral](#)
- [What to expect if someone I know goes to hospital](#)
- [What will happen if i do have to go to hospital](#)
- [When someone dies from coronavirus - Books beyond words](#)



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Downloads

Attachment	Size
Begin well.pdf	199.15 KB
Breathing space.pdf	186.9 KB
Compassion check in.pdf	237.62 KB
King's Fund Rapid Guidance for Staff Support during Trauma.pdf	517.32 KB
SUPPORTING STAFF Quick Guide for Managers COVID19 0.pdf	1.31 MB
Psychological Infection Control Poster.Covid 19 (002) 0.docx	93.7 KB
Take a pause.pdf	288.25 KB

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