

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](#)

Test ✓ Trace ✓ Protect ✓



Health and  
Social Care

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## Downloads

| Attachment                          | Size      |
|-------------------------------------|-----------|
| <a href="#">Begin well.pdf</a>      | 199.15 KB |
| <a href="#">Breathing space.pdf</a> | 186.9 KB  |

| <b>Attachment</b>  | <b>Size</b> |
|--|-------------|
| <a href="#">Compassion check in.pdf</a>  | 237.62 KB   |
| <a href="#">King's Fund Rapid Guidance for Staff Support during Trauma.pdf</a> | 517.32 KB   |
| <a href="#">SUPPORTING STAFF Quick Guide for Managers COVID19 0.pdf</a>        | 1.31 MB     |
| <a href="#">Psychological Infection Control Poster.Covid 19 (002)_0.docx</a>   | 93.7 KB     |
| <a href="#">Take a pause.pdf</a>   | 288.25 KB   |
| <a href="#">Print</a>  |             |