

# We're all in this together!



Pharmacy teams are playing a critical role in dealing with the coronavirus pandemic and you are a vital part in that. **Thank you for your hard work.** During this time you need to take care of your physical and mental health.

Here are a few recognised coping strategies which may help:

- ✔ Ensure you get sufficient rest and sleep; take breaks when you can during the busy day and make sleep a priority when at home.
- ✔ Practise controlled breathing and relaxation techniques, particularly if you feel overwhelmed.
- ✔ Make time to eat healthy food.
- ✔ Try to fit in some form of physical activity, whether that is a brisk walk, a run or an online physical activity class.
- ✔ Create time for activities you enjoy doing.
- ✔ Stay in touch with family and friends.
- ✔ Your colleagues are on this journey with you and will be experiencing many of the same feelings you have, so you can turn to them for support. Speak to a manager or colleague if you are feeling overwhelmed and need help.

Remember, you are not alone,  
everyone is in this together and we will get through it.

You will also find helpful resources relating to Covid19 and mental health at:  
[www.mindingyourhead.info](http://www.mindingyourhead.info)