

## Wellbeing Information & Tips

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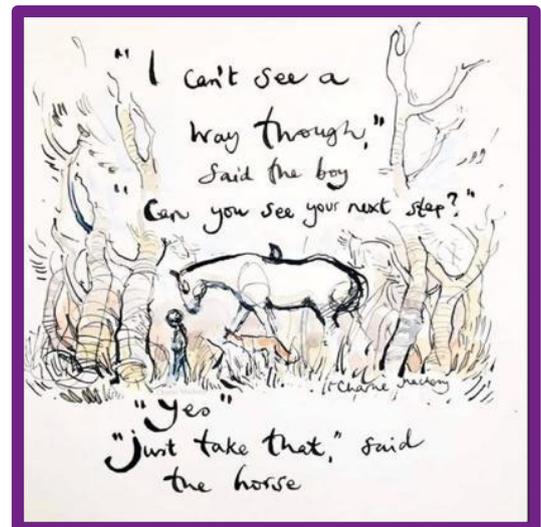
### Mental Wellbeing and Change

In this edition we are focusing on how change can affect our mental health and wellbeing. For some people lots of changes happen in September and this year in particular these changes might feel particularly significant. And for all of us Covid 19 has been the catalyst for lots of change in our lives. Change can be stressful and can trigger feelings of uncertainty & anxiety. It can also make it feel harder to meet goals we have set for ourselves.

Learning to cope with change better will help us manage how it makes us feel, making us more resilient and more able to deal with changes as they occur.

Here are some tips to help us manage change:

- Take one step at a time
- Establish a routine
- Focus on what you can control
- Examine your thoughts and think about how rational they are. Are they based on fact?
- Take time to absorb new information & break it down into small chunks
- Generate positive thoughts by looking at what has worked well for you or others in the past – learn from these experiences
- Be kind to yourself



### Returning to school and education settings

Returning to school and other education settings this term may raise challenges due to the time spent away and the new guidelines that are in place - for many people this change will cause worry and anxiety.

- [Mind](#), the [Mental Health Foundation](#) and [YoungMinds](#) have all developed advice and resources for parents and care givers supporting their children back to school and college.
- The [e-wellbeing](#) service provided by YMCA Downlink has resources for pupils, care givers and schools and colleges as well. [Student Minds](#) also have a lot of useful information for students about how to look after your mental health during this time of change.

## Returning to the Work Place

Some of us may be returning to the work place and may be experiencing mixed emotions about the change in routine and working in an environment with new guidelines and restrictions.

Mental Health at Work has produced the following tips for helping us manage our mental health as we start to return to work places. Please note, these tips can also be applied to most situations of change:

- Talk to your colleagues ahead of the return, share how you are feeling, stay connected
- Be prepared and plan for any changes, break down new information into manageable chunks
- Take things one step at a time and don't expect everything to return to how it was straight away
- Establish a new routine
- Take notice of how you are feeling and keep up techniques you have been using to look after your wellbeing.

Some of us may still be working from home and Mind staff have shared [some tips](#) on how to look after your mental wellbeing while working from home.

### And in other news.....

#### World Suicide Prevention Day – 10<sup>th</sup> September 2020

Look out for events and activities locally to mark World Suicide Prevention Day. **Grassroots** has lots of resources to support suicide prevention and is co-ordinating events in Brighton and Hove to mark the day.

#### Mental health and wellbeing – Have your say

How did health and social care services work for you during Covid-19? The **Sussex Health and Care Partnership** has created a digital platform for people to engage with them during the pandemic. This is your chance to tell them about your experiences, ask questions and share your ideas as they move towards restoring services. To share your experiences, ask a question or take part in a poll, please visit [Big Health and Care \(socially distancing\) Conversation across Sussex](#).

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

