

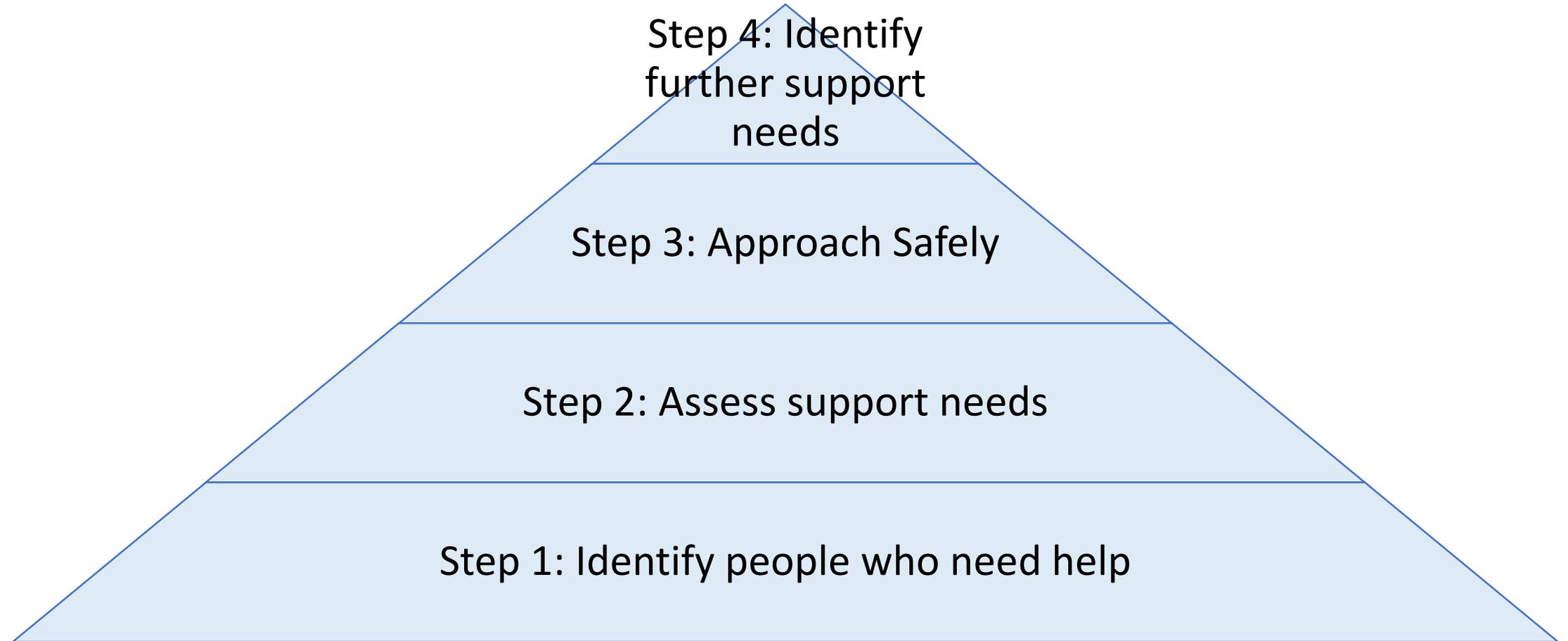


COVID and psychological wellbeing

- Psychological First Aid
- Identifying high risk individuals
- Self care – 5 Ways to Wellbeing and COVID

Psychological First Aid

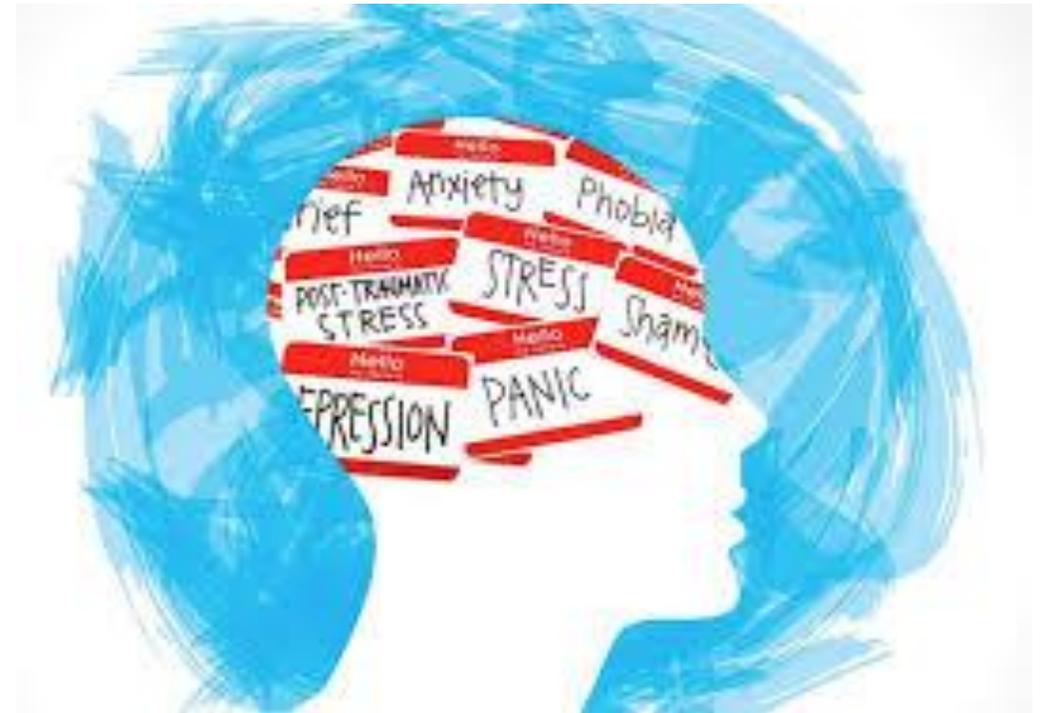
<https://www.futurelearn.com/courses/psychological-first-aid-covid-19>



Identify people who may need help



Identifying high risk individuals



Assessing support needs



How can we support wellbeing?





Connect

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be active

*Go for a walk or run. Step outside.
Cycle. Play a game. Garden. Dance.
Exercising makes you feel good. Most
importantly, discover a physical
activity you enjoy and that suits your
level of mobility and fitness.*



Be curious

Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



**There is no Wi-fi in the forest,
but I promise you will find a better
connection.**

Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. As well as being fun, learning new things will make you more confident.



Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



**NHS
Volunteer
Responders**



Increasing wellbeing in the workplace

What do you already provide within workplace to increase wellbeing?

What else could you do, particularly in light of covid?