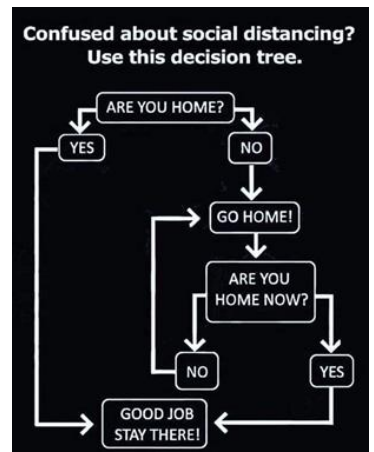


COVID – 19: Mental health and wellbeing

Resources for schools: school staff



During these times of self-isolation, disrupted routines and social distancing, it is more important than ever to take care of your mental health and wellbeing. There is so much advice out there, therefore, we have put together a few tips and resources to help you by putting everything in one place.

- Establish a Monday to Friday routine so that you have a healthy work/life balance and sufficient sleep. **Healthy sleep routines help to keep you feeling positive and boost your immune system.**
- Make sure your new timetable has a balance of work, physical activity, fun things, rest breaks and on-line social catch-ups with friends. **Keep active, moving forwards & motivated.**
- Keep in touch with other staff via social media groups or Microsoft Teams. Organise coffee morning catch-ups with colleagues so you can keep the staff room banter going, compare notes or swap notes on how to manage new ways of working. **Staying connected to your school community and supporting others to be involved will help with confidence and reassurance.**
- Teachers provide a huge amount of pastoral care and stability for many pupils. If pupils are encouraged to make contact with teachers for pastoral support, make sure the boundaries are clear, your personal number is not given out and contact is within normal working hours. **Remember to manage your own emotional wellbeing as you will have families to care for and many new things to get used to. Good self-care will mean you are in a better position to help others if required.**
- Some ideas to continue pastoral support for pupils and other staff in a manageable way:
 - **Create a “Pastoral Hub”** as one of the tiles on your Microsoft Teams or Google Classroom suite of resources – post self-care websites and resources there so that pupils and fellow staff can access them 24/7
 - **Kind words and encouraging messages** will go a long way when issuing work to classes or messaging pupils/parents. Everyone is struggling with these challenging times.
 - **Be flexible with expectations of yourself and others** - the situation is moving so quickly and these are unprecedented times -new ways of working will evolve & new skills will be learned- look for the positives, praise pupils’ effort/ positive attitude/successful new approaches and don’t be afraid to be creative or try something different.
 - **Don’t try to reinvent the wheel** – Education Scotland and the TES have posted links to ready-made resources to support you – the chat forums will help you stay connected too.
 - **Humour is often the best medicine** – where appropriate, share funny videos and jokes with colleagues to keep everyone smiling and sharing something positive.

Some useful website links

- The Mental Health Foundation – [advice on staying at home and staying healthy](#)
- The Anna Freud National Centre for Children and Families – [supporting young people's mental health during periods of disruption](#) and [self-care](#)
- The NHS - [mental health helplines](#)
- NHS Lothian CAMHS – [mental health resources for young people & parents/carers](#)
- Education Scotland – [supporting on-line learning for practitioners: Health and Wellbeing resources](#)
- Times Educational Supplement (TES): [schools and coronavirus- live](#)

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