



GIG
CYMRU
NHS
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Bwrdd Iechyd Prifysgol
Bae Abertawe
Swansea Bay University
Health Board



Cronfa Gymdeithasol Ewrop
European Social Fund



Cymru
Iach ar
Waith

Healthy
Working
Wales

Cymorth yn
y Gwaith

In-Work
Support



LLES DRWY WAITH
WELLBEING THROUGH WORK

Coping with isolation during Covid-19

Aims of this module

- To provide tips for managing time
- To suggest ways to manage your thoughts and mood
- To introduce the '5 Ways to Wellbeing' model
- To provide help with managing social relationships
- To suggest ways to maintain your physical wellbeing
- To offer tips on working from home
- To provide links to more resources



<https://www.wallpaperflare.com/game-characters-isolation-isolated-loneliness-away-team-wallpaper-gcula>

Establish a routine

- Provides a sense of control and reduces uncertainty
- Helps to set a boundary between work and leisure time
- Maintains circadian (sleep/wake) rhythms
- Try to get up, have meals and go to bed around the same time as you normally do
- Form a plan for the day (and perhaps the week)



Maintain a balance of activities

- Over the course of a week, aim to achieve a balance between:



The diagram consists of three overlapping circles. The top circle is yellow and labeled 'Work'. The bottom-left circle is green and labeled 'Self-care'. The bottom-right circle is dark blue and labeled 'Leisure'. A fourth, larger, light orange circle is partially visible on the left side of the frame. The circles overlap in the center, creating a triangular shape.

Work

Things that have
to be done

Self-care

Things you do to
look after your
health and well-
being

Leisure

Things you enjoy
doing

Ensure you have some variety



- While maintaining a basic routine, try to have some variation to avoid feelings of monotony and boredom
 - Use creative pursuits & hobbies
 - Try learning a new skill
 - Make time for some physical activity
 - Have some regular time outdoors
-
- Do some fun social activities (e.g. games, quizzes, competitions, puzzles) using technology to link up with family and friends if necessary

Set daily goals

- Encourages a sense of purpose and control
- Provides a sense of achievement when goals are met
- Can boost confidence and motivation
- Ensure goals are SMART(ER):

S – Specific
M – Measurable
A – Achievable
R – Realistic
T – Time-based
E – Evaluated
R – Reviewed/Re-set

Manage your thoughts

Search for the positives
– what's good about
this situation?

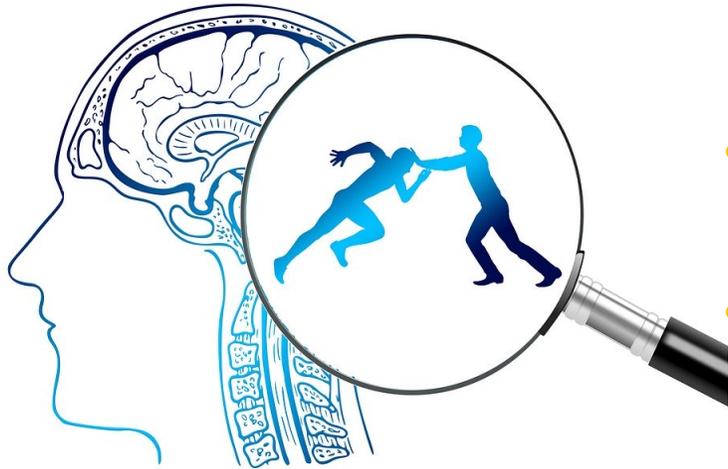
Focus on the things you
can do rather than the
things you can't

If you have feelings of threat,
danger & uncertainty try to
'detach' emotionally and focus on
thinking rationally about the
actual risks you face and what you
can do to minimise them

Learn to accept
uncertainty – it may
feel uncomfortable but
it won't last forever

Try not to dwell on
uncertain threats and
those you can't control

Manage your thoughts

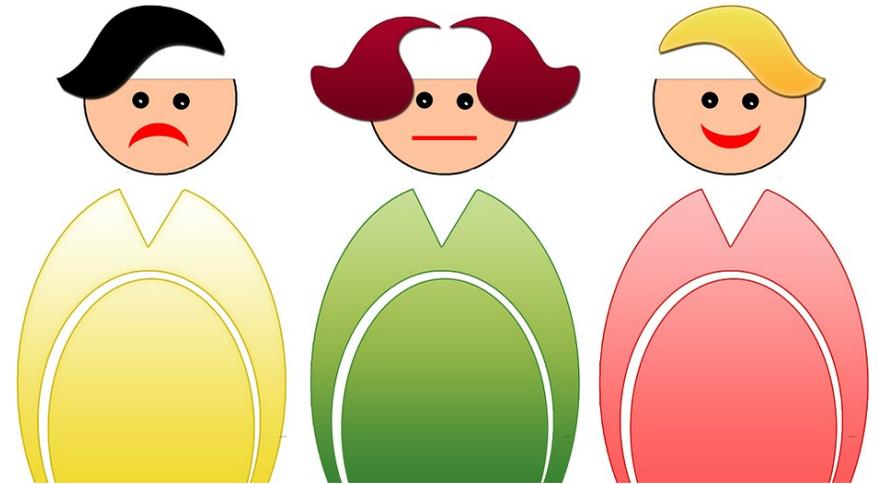


<https://pixabay.com/illustrations/brain-think-thoughts-psychology-4065088/>

- If you're feeling overwhelmed, focus on the most important, achievable, immediate tasks – things you can do in the next hour, day, week
- Try to 'stay in the present' rather than wondering and worrying about what the future may hold
- Use active distractions such as reading, listening to an audiobook, hobbies, crafts
- If you can, look for a different perspective on the situation – for example, try seeing this time as a challenge that will help build your resilience

Manage your mood

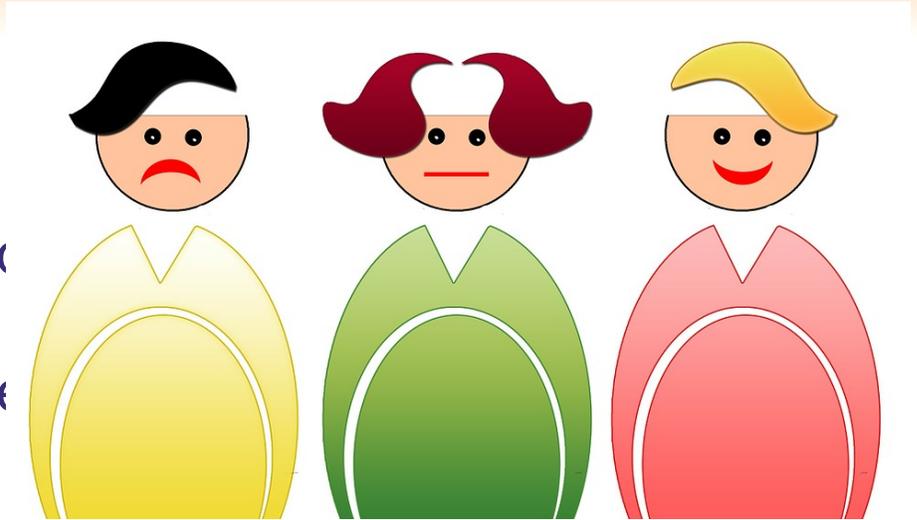
- Accept that mood fluctuations are normal
- Acknowledge that motivation will ebb and flow
- Go easy on yourself, don't put yourself under pressure to meet unreasonable expectations, be wary of 'martyr syndrome' and trying to be 'a hero'
- Focus on small achievements to help foster a sense of competence and self-efficacy – share little victories with others (using communication technology if necessary)
- Memories of this time are likely to be long-lasting so try to make them as positive as possible



<https://www.needpix.com/photo/52653/faces-cartoon-smiley-emoticon-funny-sad-smile-mood-emotion>

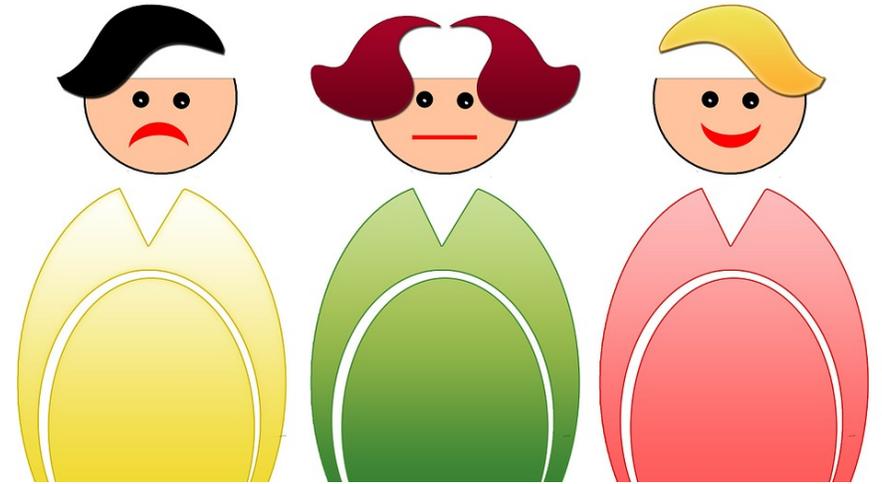
Manage your mood (2)

- Try using techniques such as self-talk, visualisation, breathing practices, meditation and mindfulness techniques – these can create a sense of control and calm when other things are outside your influence
- Find a sense of purpose by having projects to complete (e.g. take online courses, learn new skills to help maintain motivation and provide a focus) – but be realistic about what you can achieve
- Make the most of the outdoors to get some fresh air in safe ways – your garden, balcony, a park or other public space (maintaining social distancing), or just sit/stand near an open window or doorway for a few minutes
- If possible, arrange your living space so you have a view of the outside



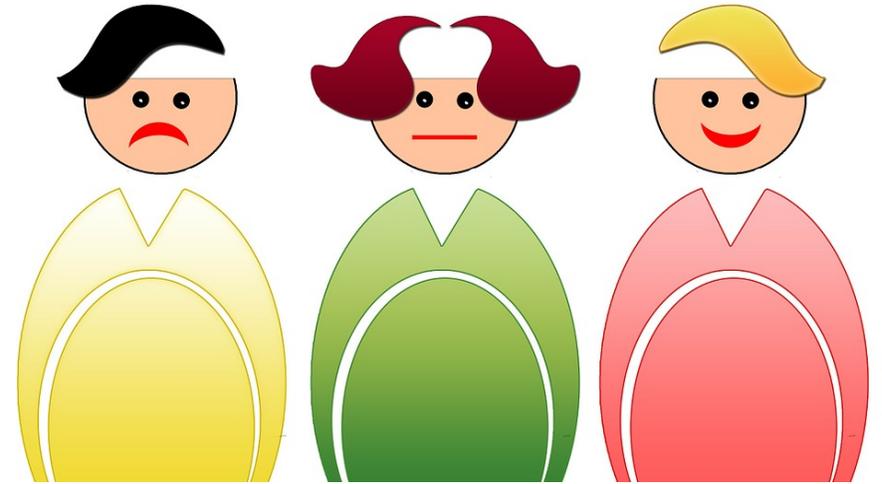
Manage your mood (3)

- Make time for the things you enjoy:
 - If you can't do the things you normally do for fun, try adapting them in some way or finding new ones
- Use creative pursuits for enjoyment, to escape and to express emotions
- Monitor screen time:
 - Set limits on your use of news feeds/ social media
 - Gather information from trusted sources
 - Use mute options on social media to control notifications so you can decide what content you see and when/how often you see it.



Manage your mood (4)

- Keep a diary/journal – this can help to make sense of thoughts, feelings and experiences and allows you to look back and see what's changed over time
- Try writing down three things you're grateful for every day
- Identify the triggers that cause low mood and plan ways to manage them
- Talk to someone if you're feeling low – friends/family or a helpline



If you need to speak to someone straight away, you can call
The Samaritans any time, from any phone for FREE on: **116 123**

“5 Ways to Wellbeing”

1. Connect
2. Be active
3. Give
4. Keep learning
5. Take notice



Foresight Programme: Mental Capital and Wellbeing Project (2008)

Prof. Cary Cooper

www.gov.uk/government/publications/five-ways-to-mental-wellbeing

Maintain social relationships



Hello

- Stay connected with others – use technology to keep in regular contact with friends, family and the wider world
 - This may require some expectation management, e.g. letting people know what times are convenient, which topics you do/do not want to discuss
- Celebrate milestones & family events such as birthdays – with others whenever you can
- If you're isolating alone, aim to have contact with someone every day if possible

Maintain social relationships (2)

- If isolating with others:
 - Establish ground rules
 - Agree norms that mean it's OK to have frank, respectful conversations about things that are irritating you, to 'nip things in the bud'
 - Identify an area of personal space you can retreat to if necessary
 - Practise self-restraint
 - Tidy up after yourself as you go along (and encourage children to do the same)
 - Be considerate and kind – acts of kindness promote mental wellbeing for the giver and the receiver, so be as kind as you can during this time and beyond



<https://www.needpix.com/photo/download/33644/members-group-people-team-business-social-member-meeting-office>

Take care of physical health needs

Avoid smoking,
eating or drinking
more alcohol than
usual

Stay physically
active

Stay hydrated

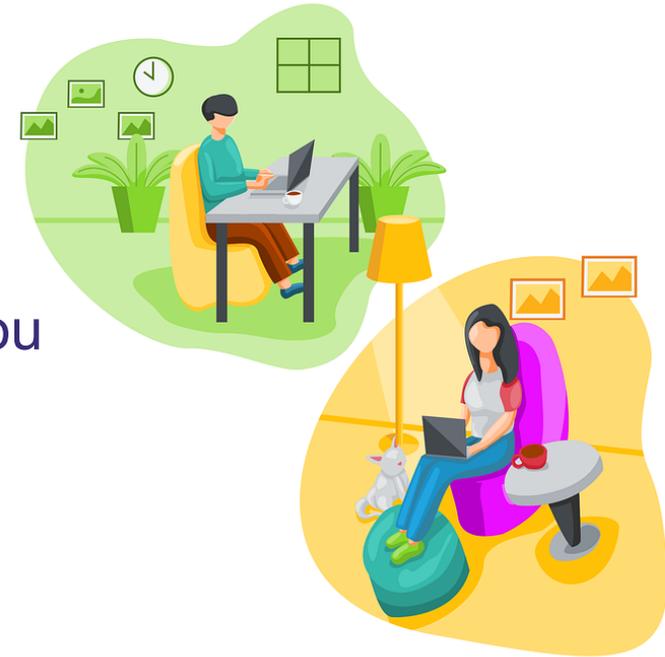


Eat healthily

Follow advice for
good sleep

Tips when working from home

- If possible, set up your workstation in a place that's separate from the rest of the household
- Try to avoid using your bedroom as an office if you can
- If possible, eat in a different place from the one you work in
- Take regular breaks away from the screen
- Avoid sitting for long periods
- Keep in touch with colleagues
- Set boundaries between work and non-work time



<https://pixabay.com/vectors/work-home-laptop-blogging-author-4997565/>

Information in this module has been drawn from the following sources:

- Castle, K. (2020) Psychological resilience through the pandemic. Available at: http://www.highfieldsacademytrust.co.uk/serve_file/454842
- Public Health England (2020) Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19) London: PHE Available at: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
- Royal College of Occupational Therapists (2020) Staying well when social distancing. OT News 28(4) p.12
- Smith, N. & Barrett, E. (2020) Coping with life in isolation and confinement during the Covid-19 pandemic. London: British Psychological Society. Available at: <https://thepsychologist.bps.org.uk/coping-life-isolation-and-confinement-during-covid-19-pandemic>



In Work Support service

The In-Work Support service provides individual, tailored support to help people with health conditions to keep working. You can access this support FREE as long as you are:

- Employed or self-employed AND
- Living or working in Swansea, Neath, Port Talbot or Bridgend

To access the service or to find out more call
01639 684568

Our office is open 9am – 5pm Monday to Friday and outside those hours you can leave a message and we will call you back.

