



STAFF IN MIND NEWSLETTER



A note from the author:

We now find ourselves in week 2 of the lockdown due to Coronavirus. Given the continuing changing nature of our education landscape I feel it's vital that my communication with you provides you with quality advice to support you and your families at these unsettling times
"It's ok, not to be ok"

This week I have been hearing from lots of educators with their thoughts and feelings around these unprecedented times. My advice is simple "please don't be too hard on yourself, allow yourself to feel a range of emotions that sit on a vast spectrum of mental health"

Reflective thoughts....

"Workload may have increased or decreased, give yourself time to adjust to this new way of being"

"What would you have liked to have achieved in 3 months' time?"

"In schools, we are considerably creating a new safe space for our pupils, don't be too hard on yourself to get it right first-time round"

Topics covered this week include:

- The power of balance and resilience in unsettling times
- Practical ways to cope with working from home
- The key to coping with anxiety in the current workplace
- This week's helpful tips and resources



Bring your character strengths to life & live more fully.

When you discover your greatest strengths, you learn to use them to handle stress and life challenges, become happier, and develop relationships with those who matter most to you. What are your strengths? Take the free survey here at [VIA Institute on Character](#)

United in Strengths

At a time like this I am reminded more than ever how connected the world is, and I am encouraged by our capacity as individuals and a community to support one another. So first let me ask, **how are you doing?** I hope you will take a moment to reflect on this with honesty.

Problem ~~Problem~~ Solution

What you can do today

Without your usual routines, you may be wondering what to do while social distancing or quarantining.



Create Social Connection

- Keep in mind that hearing a voice and seeing a face can enhance connectedness above and beyond texting.
- Try to connect via the free app Zoom



Maintain Healthy Relationships

- Before reacting to someone's request for "personal space," try applying your strength of **social intelligence** to consider their needs and emotions.



Find The Silver Lining

- Don't set aspirations aside. Try to keep forward progress when you can.
- If you have time, try an online course here at Open Learn

Practical ways to cope with working at home

1. Start with the basics

Eat well, sleep well, get some exercise in.

Even if you're not infected, your physical health and mental health are intertwined, and whilst there is heightened anxiety, it's even more important to make sure you're getting good sleep and eating well.

2. Keeping structure to your day

Build yourself a structure for your day – ideally stick to a similar routine as you did before. Wake up, make your bed, get dressed and have breakfast. Factor in blocks of time for work that include regular break and a lunch break. If you are home teaching your children, add these blocks of time into your day and work around these. You can listen to podcasts, read a magazine or take your daily exercise. Shut off your computer and stop checking emails at the end of your working day ‘finish working’ at the normal time.

3. Know where to get support

A pandemic isn't just a physical health issue; it's a mental health issue as well. Here are some helpful resources for anyone who's feeling worried about this. It covers lots of issues to help support the mental health of yourself and others in the coming weeks and months, including those with existing mental health concerns.

Click the link here:

[Mental Health at Work Toolkits](#)



Key to coping with anxiety

1. Breathe

If you're feeling overwhelmed, taking a moment to breathe is so important.

Take 10 deep breaths to re-balance and reduce anxiety.

4 Tips for Coping with Stress



2. Schedule time to relax

During stressful periods it can feel like we don't have any time to relax.

Even if it's an hour a week, make sure you block out some time in your schedule to unwind.

4 Tips for Coping with Stress



3. Sleep

Making sure you have restful sleep is vital.

Create an evening routine and consider giving yourself some screen-free time before you go to bed.

4 Tips for Coping with Stress



4. Don't be too hard on yourself

Stress can lead to self-criticism but remember to be kind to yourself.

Take a few minutes each day to reflect positively on what you're achieving.

4 Tips for Coping with Stress



Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support.

By texting 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.

TOP TIP OF THE WEEK

Take a look at Teacher 5 a day
#30dayfitnesschallenge

[Teacher5aday.weebly.com](https://teacher5aday.weebly.com)

It's ok, not to be ok



#SpeakOut

PhotoGrid

Useful resources to support emotional wellbeing during the Coronavirus

zoom.us - great for video conferencing. Free for the first 40 mins of each meeting, or small monthly payment for longer. Could also be used for a staff social, catch up with everyone.

Headspace - wellbeing and mental health app. Free for everyone in education. Staff apply themselves by sending proof of employment.

#teacher5aday and **#EdWellbeingGoals** - wellbeing support for education staff of Twitter and Facebook

FREE ONLINE LEARNING RESOURCES

The logo for the Teacher Toolkit, featuring the words 'TE@CHER TOOLKIT' in white, bold, sans-serif capital letters on a red rectangular background.

[Teacher Toolkit](#)

[46 Ideas of how to learn online](#)

KCS have launched a web shop for all staff/teachers and have asked us to pass onto parents. You can buy directly from them and get delivery to your home address. They have many resources for hygiene (toilet rolls, dishwasher tablets Etc...) also puzzles and so much more, here's the website www.kcsconnect.co.uk



KCC are also offering free colouring resources for parents.

[KCC Resource Pack](#)

"It's going to take time to get used to this new way of being. Be kind to yourself and know that you are doing the best you can in these unprecedented times"

Kelly Hannaghan