

EQHS BULLETIN

COVID-19 WELL-BEING

WELL-BEING & WHY IT'S IMPORTANT!

Wellbeing is a combination of a person's physical, mental, emotional and social health factors. Workplace Wellbeing relates to all aspects of working life, from the quality and safety of the physical environment, to how workers feel about their work, their working environment, the climate at work and work organization. As our workplace is changing and evolving, we must learn to adapt to our new normal, however that does not mean well-being should be forgotten!

TIPS FOR MENTAL & PHYSICAL WELLBEING

1. Mindfulness

Mindfulness can help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain and improve sleep. We were all so used to our hectic lives pre COVID -19 and didn't have "the time" to focus on being mindful, we no longer have that excuse! When we all return to normality (whatever that will be) you will be armed with a new tool to help cope with any stress or anxiety you may face. Read this if you are a little skeptical about mindfulness:

<https://www.alustforlife.com/tools/mental-health/mindfulness-a-modern-minds-ally>



MINDFULNESS PODCASTS TO HELP YOU GET STARTED:

Ten Percent Happier with Dan Harris <https://start.tenpercent.com/>

The Daily Meditation Podcast <https://soundcloud.com/sipandom>

Where is my Mind – Niall Breslin <https://play.acast.com/s/whereismymind>

2. Financial Wellbeing

This is a worrying and stressful time for everybody financially which can affect your mental wellbeing. While some things are out of our control this is a good opportunity to reassess your financial situation, budget and how you spend your money.

Separate Wants from Needs

Households should re-evaluate spending. The key is to eliminate non-essential spending. Review credit card bills and account statements so you can identify subscriptions and other expenses that can be cut to free up cash. Then, you can calculate how much you are saving due to the shutdown.



If you require any further information or have any concerns or suggestions, please contact EQHS Department via email to eqhs@derrycourt.ie

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Budget

Develop a short-term budget for a period of 3 months to give yourself a better understanding of money coming in, and money going out and identify any shortfall. A budget template can be found here [Budget Template \(https://www.askpaul.ie/financial-planning/\)](https://www.askpaul.ie/financial-planning/)

Financial Support

If you are worried about your finances, you may be eligible for support from the Department of Employment Affairs and Social Protection. Refer to:

https://www.citizensinformation.ie/en/health/covid19/your_finances_and_covid19.html

3. Exercise

Exercise releases chemicals like endorphins and serotonin that improve your mood. Regular exercise can reduce your stress, improve memory and help you sleep better. So, while there are restrictions in place get out at least once a day, even a 2km walk, get some fresh air and help clear your mind. If you have an exercise tracker on your phone, try setting yourself a target e.g. 10,000 steps per day or more.



4. Physical Wellbeing

A consequence for most who are working at home is the new conditions we find ourselves working under. Working at a dining table, not having the correct chair or just slouching over a laptop are issues some of us may face. Regular breaks to stand up, stretching and walking around will help. For advice, go to: <https://croi.ie/sit-right-while-sitting-tight/>



5. Limit your news intake and focus on trusted sources

With any crisis that dominates the news, the sheer amount of coverage can be overwhelming, and it's easy to lose yourself in a sea of online and social media updates on coronavirus. Try and limit your time reading, watching and listening to news updates to once or twice per day. Avoid reading sensational media that can provide unreliable information that increase levels of fear and anxiety. Stick to reputable organizations like the Government of Ireland & World Health Organisation (WHO)



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6. Find something positive to do with your time

Working from home and spending more time at home gives us an opportunity for things that we wouldn't normally have time to do. Make the most of it and use this time at home to take up a new hobby, spend more time cooking or start a new exercise regime. It will give you a focus and help you disconnect and recharge your batteries.



7. Keep a realistic outlook

There is still a lot we don't know about this illness. What we know today might change within 24 hours. Therefore, try not to worry about unknowns - we tend to catastrophize when faced with a new crisis that takes up a majority of media coverage and conversations round the dinner table

8. Self-care and taking time out

Remembering to take time out to look after yourself and relax is always important but particularly so at a time of heightened stress and uncertainty. Even if you can just allocate a few minutes per day to switch off and let your mind rest it can be helpful. Something as simple as taking 3 minutes to focus on your breathing can help quiet the mind. Try these quick yoga stretches in the morning or during a quick break.



9. Seek out your peers and support network

Being at home a lot and not being able to see friends or family in person may cause you to feel isolated and down. Make sure to stay in touch with them using social media messaging or by phone. Seeking out new ways of keeping in touch can be a good way to still see and feel connected to those closest to you. We all must understand that this involves a communal effort to keep each other calm and safe. You might be surprised as to what we can achieve when we pull together.

Stay Healthy and Stay Safe

WELLBEING RESOURCES

30 DAYS OF YOGA (<https://www.youtube.com/watch?v=oBu-pQG6sTY>)

BODY COACH TV (<https://www.youtube.com/channel/UCAxW1XToiEJooTYIRfn6rYQ>)

DONAL SKEHAN FOOD & NUTRITION (<https://www.youtube.com/user/donalskehan>)

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