**5 Ways to support our mental health while teaching from home**



* **Detox digitally:** Try to find time in your day to unwind from digital appliances, giving your eyes, head and brain a chance to detox from the constant speed of media content. It is good for your health and wellbeing to switch of all devices one hour before bedtime each evening.
* **Set good Boundaries** Aim to keep your workspace, recreation space and sleep space and times separate to help distinguish between work, home life and rest. Make a conscious effort as you walk into your work space and also leave it at the end of the day.
* **Find new ways to connect?**  Try setting yourself small tasks, rewards or challenges throughout the working week. Make small changes to your daily walk, change the route or try a different activity or hobby in the evening that you haven’t tried before. Keeping your mind enquiring and engaging in finding new things can ease the current pressures and support your mental health.
* **Take regular breaks: Move:** Keep your body moving and active as much as you can, the more you can keep your body moving the better for your physical and mental health. Try a few stretches in between lessons, get out of your seat stretch, dance or try some gentle walks in your breaks. **Hydrate:** take plenty of water and small snacks to keep your energy levels up during the day.
* **Share:** Share your worries or concerns with people you trust. If you are isolated and on your own there are lots of online and other resources to connect with others.

 You may be feeling anxious, worried, low mood or have feelings of depression. By sharing these thoughts and feelings it can help to work through them and find new perspectives and insights. Try holding regular ‘staff room time’ on line with colleagues.

Finally….

**Remember to Breathe:** Keep the bigger picture in mind and stay calm, this moment in time will pass and we will get through this. What plans can you start making today for a better tomorrow and a better you?

**What support is available?**

* Occupational Health - please discuss with your Head Teacher if you feel a referral would benefit.
* Occupational Health Head Teacher’s helpline Telephone: 01452 425073. Find out about self-care, resilience and trauma and bereavement.
* [Health Assured, EAP](https://staffnet.gloucestershire.gov.uk/internal-services/occupational-health/employee-assistance-programme-eap-health-assured/) - a free service for staff providing a range of information and support, including 24 hour confidential telephone counselling and support 0800 030 5182. (make sure your school purchase this service)
* [GLoW](https://www.gloucestershire.gov.uk/council-and-democracy/gloucestershire-health-and-wellbeing-board/glow-gloucestershire-wellbeing/) - GloW Gloucestershire Wellbeing - positive actions for better mental wellbeing.
* [Be Well](https://www.ghc.nhs.uk/news/be-well-gloucestershire-improving-access-to-support-in-the-county/) - a campaign to help when stress, anxiety, isolation and other challenges become hard to deal with.
* [Samaritans](https://www.samaritans.org/) – for everyone - Call 116 123 - Email: jo@samaritans.org
* [Campaign Against Living Miserably (CALM)](https://www.thecalmzone.net/) – for men - Call 0800 58 58 58 – 5pm to midnight every day.
* [Papyrus](https://www.papyrus-uk.org/help-advice/about-hopelineuk) – for people under 35 - Call 0800 068 41 41 – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm - Text 07860 039967 - Email pat@papyrus-uk.org
* [Childline](https://www.childline.org.uk/) – for children and young people under 19 - Call 0800 1111 – the number will not show up on your phone bill.
* Silverline-  0800470 8090 Information , advice and counselling for older people 24/7.