

Staff Zone

Self-care during the Coronavirus period

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The current Coronavirus period is unprecedented and many of us onpreeeeeeeef.421Qq0.0-16)21Qq0.07nB/c-21-1

updated. In addition, we are sending a daily All Staff Coronavirus Update e-mail to all staff to keep you updated. The NHS Coronavirus website also has useful information on the latest national position: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Wellbeing resources for staff and service users

We are putting together a comprehensive overview of wellbeing resources for staff and service users which will be available shortly. In the meantime, there are some good sources of support online:

The [Good Thinking](#) website is an NHS approved mental health and wellbeing resource aimed at those of u.925m working and/or living in London. This will soon include some helpful advice specific to how we can look after ourselves in a time of social distancing and self-isolation.

The [Headspace](#) website is also useful.

[Ten Per Cent Happier](#) is a mindfulness-based app, offering free access for all healthcare workers

If you have queries or concerns about looking after your patients during this period, please speak to your line manager or the Trust Infection Control Team if you want additional advice.

