



## Running a support session for health workers during the COVID-19 pandemic

This short guide is designed to be used by team leaders, shift managers and others when talking with their colleagues, about the things that are upsetting or worrying them whilst working in the COVID-19 outbreak.

### STEP 1: Gather the worries

- Gather physically/virtually and ask your colleagues to share the things that are upsetting/worrying them. Make a list of these.
- Try and gain one at least item from everyone.

### STEP 2: Identify people who help

- Ask your colleagues who helps them with their anxiety and make them feel calmer.
- Make a list of these.

### STEP 3: Brainstorm how to deal with the worries

- Look at the list of worries and brainstorm as a group what could help with each worry.

### STEP 4: Share these tips

Share this list of 12 ideas about how to manage their anxieties:

1	Limit watching the news to once per day.
2	Avoid social media and unreliable sources of information.
3	Connect with people who matter to you and avoid people who make your anxiety worse.
4	Talk about your worries and anxiety with others.
5	Get some exercise and/or spend time in green space (complying with government guidance).
6	Focus on what can control, not what you cannot control.
7	Do things that you enjoy or learn something new.
8	Try mindful breathing: <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/">https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/</a>
9	Limit your time spent worrying to 15 minutes per day.
10	Focus on the 'here and now' and take one day at time.
11	Remember that many things you do have risks and that you are adjusting to the COVID-19 risks.
12	Use your employer staff support and health and wellbeing information and services.

This guide is produced by the SAGE & THYME Team at Manchester University NHS Foundation Trust and accompanies this short film:

<http://www.sageandthymetraining.org.uk/film/running-staff-support-session>