



Wellbeing During COVID-19



Looking after your Physical Wellbeing

Your physical health has a big impact on how you are feeling emotionally and mentally. At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. Try to eat healthy, well-balanced meals, drink enough water, get fresh air, exercise and try to avoid smoking, alcohol and drugs.

Being physically active can enhance your mood, wellbeing and energy levels by helping to reduce stress, anxiety and depression.

There's a risk of becoming less active as we spend more time at home. Try to be active throughout the day.



Continuing to enjoy short, local walks, jogs or cycles is a great way to clear your head and stay active. Remembering to observe physical distancing guidance.

There are many activities you could do at home, such as walking up and down stairs, dancing, gardening or taking part in a virtual fitness class.

If you are working from home or find yourself sitting for longer, moving every 30 minutes is good practice e.g. standing/walking whilst on the phone.

It doesn't matter what you do, as long as it's something you enjoy and keeps you moving.



Routine



Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Eat at your regular times.

Setting up your Workstation



Keep your work area tidy and separate to family living areas where possible to avoid distractions from family members, tv etc.

Set up as per working from home guidance on my connect and complete working from home assessment if you are having difficulties with this.

Sitting in awkward positions or prolonged sitting can cause musculoskeletal discomfort/pain therefore setting up your work area properly and avoiding static postures is important.



Looking after your Mental Health

During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes in the way that we think, feel and behave and can vary between different people and over time. It's important that you take care of your mind as well as your body and to get further support if you need it.

Tips to help:

Connect with others

Help and support others

Talk about your worries

Manage your media time

Keep your mind active

Learn new things

Set goals

Take time to relax and do things you enjoy



Support Details:

[Click here](#) to access the Coronavirus Information Hub page on MyConnect.

[Click here](#) to access the welfare and wellbeing page on MyConnect.

[Click here](#) to access information on managing your workspace when working from home.



Available 24/7 on 0800 358 4858 or 0330 332 9980
[Visit Validium's Network Rail Portal](#)



Helpline for assessment of
Fitness for Work

0330 008 5972

Available 9:00 to 17:00, Monday to Friday



<https://www.samaritans.org/>



<https://www.mind.org.uk/>



Recommended Apps.

All these apps are free to download and use. Some may have in-app purchases

All available on  or 



Stress & Anxiety Companion App helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs.



My Possible Self App.

Pick from 10 modules to learn how to manage fear, anxiety and stress, and take control of your thoughts, feelings and behaviour.



The Feeling Good App uses relaxation, cognitive behavioural therapy (CBT) and resilience building techniques from sport to help improve positive feelings, self-esteem and self-confidence



Catch it App

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing well-being.

