

STAFF WELL-BEING support



Sherwood Forest Hospitals
NHS Foundation Trust

These are difficult times for us all, and we all need to prepare. It is ok not to be ok, and the following self-care resources are things that we all will need to do.

Level 1 starts with looking after ourselves:

LEVEL 1 - LOOK AFTER YOURSELF

PROTECT YOURSELF



Use PPE
Guidance

Contact local Super
Users for training

NOURISH YOURSELF



Shops and
voluntary
services support

Healthy Eating
Advice

KEEP TALKING



Check In/Out
Daily
Wellbeing advice
for managers
and staff

STAY INFORMED



Government
Coronavirus
information

KEEP ACTIVE



Virtual exercise
group

DON'T PANIC



Headspace

Oxford
Mindfulness

SFH Mindfulness

We are in this together | Just do the best that you can do | Look out for each other | Its ok not to be ok