



# Virtual Wellbeing Pack

**Fife's Health Promotion Service have collated a number of useful resources suitable for both staff and patients which can be used to improve wellbeing, reduce stress and increase wellness throughout the current challenging environment, coping with the effects of Covid-19 and restrictions on everyday life.**

**Please feel free to share this resource with your colleagues and services and let us know if there are any other resources or links that should be included.**



# The 10 Positive Steps to Mental Wellbeing

Keep Active	Exercise really helps if you're feeling depressed or anxious. It can give you more energy too.
Take a break	A change of scene or pace is good for your mental health. A few minutes can be enough to de-stress you.
Care for others	Caring for others is important in maintaining relationships with people close to you. Joining a club or volunteering can also be rewarding. Everyone has something to offer.
Keep in touch	Friends are important, especially at difficult times, you don't have to be strong and struggle on alone.
Eat well	There are strong links between what we eat and how we feel.
Drink sensibly	Drinking alcohol to deal with problems will only make things worse. It's best to drink in moderation and avoid binges.
Do something you are good at	Do something you love doing. Enjoying yourself helps to beat stress and can increase your confidence and self esteem.
Accept who you are	Our beliefs, background, culture, religion, sexuality and experiences you are make us who we are. Everyone is entitled to respect.
Talk about your feelings	People can feel isolated and overwhelmed by their problems - it can help to share your feelings.
Ask for help	Everyone needs help from time to time. If things are getting too much for you and you feel you can't cope, it's okay to ask for help.

(Adapted from the Mental Health Foundation 'How to Look After your Mental Health' campaign 2007)

## Clear your head

<https://clearyourhead.scot/>

The coronavirus outbreak has been going on for a while now. Daily life has changed for all of us in Scotland and it can feel worrying, lonely and uncertain. It's ok to not feel yourself. We have some great tips to help you clear your head and connect with others...

**Supporting Each Other:** <https://clearyourhead.scot/tips?filter=supporting-each-other>

**Looking After Yourself:** <https://clearyourhead.scot/tips?filter=looking-after-yourself>

**Feeling Calmer:** <https://clearyourhead.scot/tips?filter=feeling-calmer>

**Keeping Active:** <https://clearyourhead.scot/tips?filter=keeping-active>

**Creating Routine:** <https://clearyourhead.scot/tips?filter=creating-routine>



## Little Book of Caring Ways

Breathing Space has produced a Little Book of Caring Ways, ways of promoting kindness for better mental health in Scotland.

[https://www.breathingspace.scot/media/69713/little-book-of-caring-ways\\_lowres.pdf](https://www.breathingspace.scot/media/69713/little-book-of-caring-ways_lowres.pdf)



## Promis.scot

<https://www.promis.scot/>

A National Wellbeing Hub for people working in Health and Social Care in Scotland COVID-19 has changed our lives and placed exceptional demands on people working in health and social care. We've created this website to make it easy for you to find information, resources and support to help you at work and at home.

The resources on this website are based on the principles of psychological first aid. This means they're providing advice and support for your practical, everyday needs and relationships, as well as tips on self-care, to help you cope with the challenges you're facing during the pandemic.

## Steps to deal with Stress

### Stress can affect anyone

Stress doesn't just make you feel bad, it can also be bad for your health. The good news is there are steps that you can take to deal with it. This booklet contains some practical ways for you to start dealing with stress right now, and to stop it building up in future.

Research shows that small steps can make a big difference, so keep on reading...

<http://www.healthscotland.com/uploads/documents/5828-Steps%20to%20deal%20with%20stress-September2019-English.pdf>



### A free online version of the Steps for Stress CD:

<https://soundcloud.com/nhs-health-scotland/sets/steps-for-stress>

**Moodcafe**



<https://www.moodcafe.co.uk/>

Moodcafe is a website run by NHS Fife Clinical Psychology and Public Health department that has a number of useful hints and tips, resources and self help courses including online counselling.

### **Relaxation exercises**

<https://www.moodcafe.co.uk/download-relaxation-exercises.aspx>

**Coping with stress associated with COVID-19:** general wellbeing advice for anyone working during the pandemic.

<https://vimeo.com/403652723>

### **Coronavirus and Physical Health**

<https://www.moodcafe.co.uk/wellbeing-and-lifestyle/coronavirus-and-physical-health.aspx>

**Staying Safe and Well** - a Self Care Guide for staff looking after patients with Coronavirus.

<https://www.nationalwellbeinghub.scot/wp-content/uploads/2020/05/Staying-Safe-Well-A-self-care-guide-for-staff-looking-after-patients-with-coronavirus-staff.pdf>

## *Motivation*

*“The secret of getting ahead is getting started.”*

*Mark Twain*

# Access Therapies Fife

<https://www.accesstherapiesfife.scot.nhs.uk/>



Access Therapies Fife provides information to help you to deal with mental health problems and to access a range of local services including self help and local services. Access Therapies Fife is part of Fife's Health and Social Care Partnership's Psychology Service.

## Coronavirus and your wellbeing:

<https://www.accesstherapiesfife.scot.nhs.uk/coronavirus-and-your-wellbeing/>

## Online therapies - Beating the Blues and Silvercloud

<https://www.accesstherapiesfife.scot.nhs.uk/how-can-i-access-help-online/>

## Step on stress

<https://www.accesstherapiesfife.scot.nhs.uk/step-on-stress/>



If you are struggling or just need someone to talk to, please contact:

Samaritans 116 123

Breathing Space 0800 83 85 87

NHS24 111

Keep Connected Fife <https://www.nhsfife.org/media/33550/kc-digi-final-sept20.pdf>

## NHS Fife Psychology You Tube channel

[https://www.youtube.com/channel/UCH84VjFLtSV0CXas3a\\_nUrw](https://www.youtube.com/channel/UCH84VjFLtSV0CXas3a_nUrw)

Click on the Playlists for a list of useful videos including:

**Step on Stress: Covid 19 pandemic**

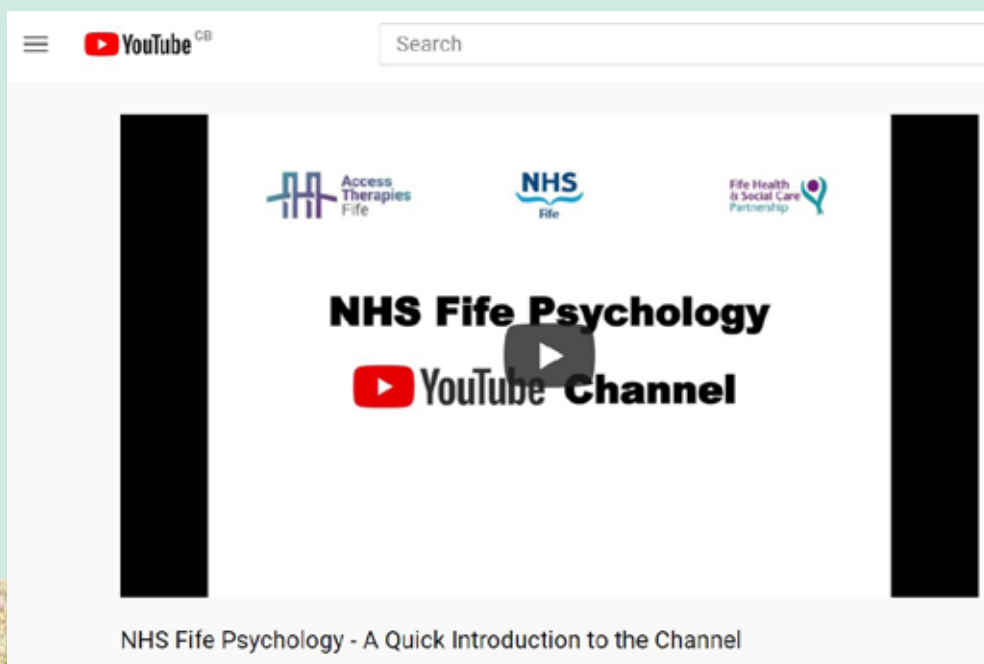
<https://www.youtube.com/playlist?list=PLCt6GGXbRmi8hgSrgc7AvYvZSZluTrcB>

**Coping with Covid 19:**

<https://www.youtube.com/playlist?list=PLCt6GGXbRmiJyeulxdWsQ06kyJ47CVg3>

**Sleep:**

<https://www.youtube.com/playlist?list=PLCt6GGXbRmi8mLDYyKT3En4XDxCFby4Hq>



## *Resilience*

*“Our greatest glory is not in never falling,  
but in rising every time we fall.”*

*Confucius*

# Useful Apps

## Mind Shift

A mental health app designed specifically for teens and young adults with anxiety.

Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. It can encourage you to take charge of your life, ride out intense emotions, and face challenging situations.

## Self Help for Anxiety Management

If you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behaviour over time, and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support.

## Happify

Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.

## The Headspace app makes meditation simple.

Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy "get some headspace" reminder to encourage you to keep practicing each day.

## Calm

Provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you've never tried meditation before or regularly practice, you'll find the perfect program for you.

## Smiling Mind

A way to practice daily meditation and mindfulness exercises from any device.

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. This is really helpful during times of stress and is a fun and unique way to help you put a smile on your mind.

List from: NHS Scotland Staying Safe and Well - a Self Care Guide for staff looking after patients with Coronavirus <https://www.nationalwellbeinghub.scot/wp-content/uploads/2020/05/Staying-Safe-Well-A-self-care-guide-for-staff-looking-after-patients-with-coronavirus-staff.pdf>





# Positive Mental Attitude

Mental strength is important in keeping a positive mental attitude. Just like exercising your body, you can exercise your mind and improve your mental wellbeing. These affirmations will help set up your day for a more positive experience:

- I can and I will.
- I stay in control; I don't give away my power.
- I embrace change and welcome challenges.
- I stay happy because I let go what I can't control and I don't complain.
- Today I will be kind, fair, and unafraid to speak up.
- I invest my energy in the present moment.
- I am willing to fail, because failure is simply a chance to improve.
- I will replace negative thoughts with productive thoughts.
- I know that any steps I take towards my goal today are moving me in the right direction.
- I will reflect on my progress every day: Where am I going? What have I achieved?

(Adapted from <https://peakperformancefortcollins.com/affirmations-for-mental-strength/>)

