



## Health and Wellbeing

tips to help you care for your  
mental wellbeing during times  
of uncertainty

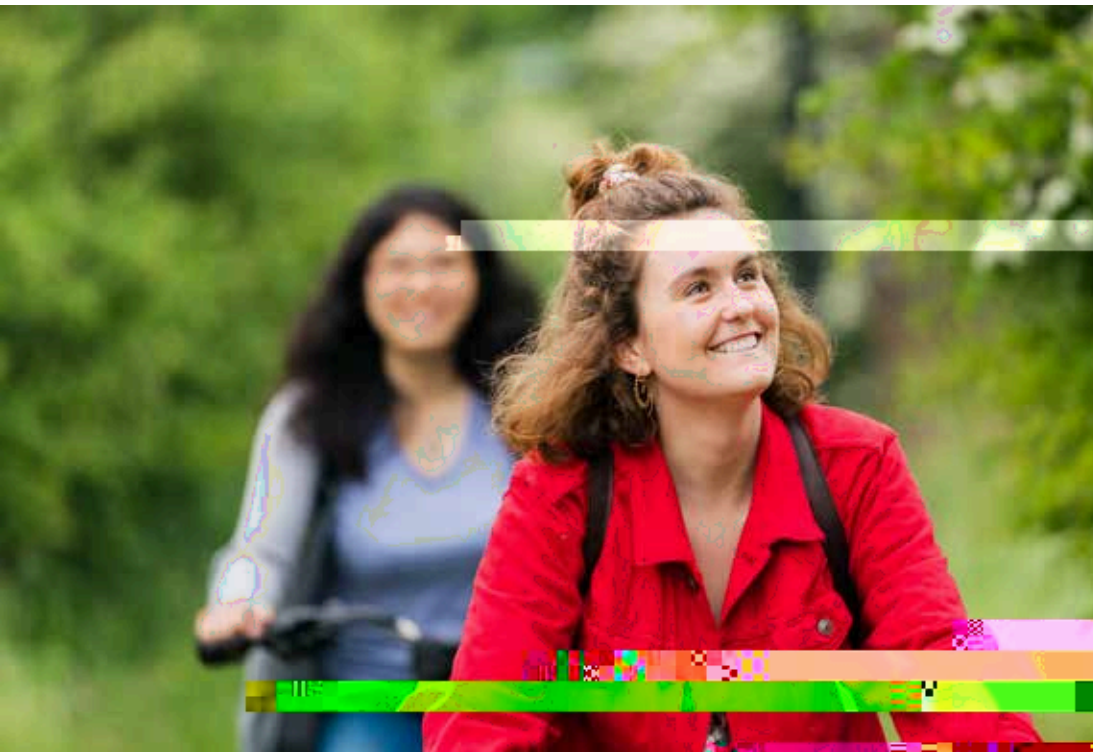
The advice of the UK  
Government is to stay  
at home to protect the  
NHS and save lives.

We recognise that staying at home for a prolonged period may be difficult, challenging, frustrating and /or lonely for some people to varying degrees.



## Take regular exercise

- Plan to go outside for fresh air and physical activity on a daily basis
- Look for online classes or courses that provide guidance on taking light exercise in your home such as [The Body Coach](#) – a free daily 30-minute exercise session, Monday–Friday 9am to 9.30am, suitable for all levels of fitness (watch live or on repeat)
- Download the QMU Sports Free Fitness App in conjunction with Technogym [QMU Sports Mywellness App](#)
- Incorporate physical activity into your daily routine doing housework,



## Get support if you need it

During the global coronavirus pandemic we are facing a tragic loss of life, often under very difficult circumstances, and we may have to deal with increased trauma when cut off from usual support networks.

- Cruse Bereavement Care have put together resources which cover some of the different situations and emotions bereaved people may have to deal with who may be affected by this pandemic. **[Coronavirus: dealing with bereavement and grief](#)**
- It is usual to feel uncertain and anxious during unprecedented times and there are various sources of support available including **[NHS Every Mind Matters website](#)**.
- As a reminder all QMU staff have access to the **[Employee Assistance Programme - Be Supported](#)** provided by AXA PPP Healthcare. They offer support with the following:
  - Home, Work & Financial issues
  - Challenging Situations
  - Medical Concerns
  - Anxiety and Covid-19 and dealing with mental health issues and worries around coronavirus
- Support can be offered over the phone on (Freephone) 0800 0727072
- Keep in regular contact with your line manager.

