



Information Update CORONAVIRUS Date: 24/03/2020

Top Tips

1. Stay connected - cup of tea catch ups with friends on FaceTime, virtual dinner party groups have already started
2. Support colleagues - reception are getting full force of patient panic and rage, secondary care different pressures etc. We are all in this together, focus on working together, stand united
3. Talk about feeling worried, we all are but it makes you feel less alone to share. Use your networks - have you seen the page on hospify in BMJ - medical secure equivalent of WhatsApp
4. Stay active - 7-minute work outs, YouTube yoga etc
5. Gratitude moments / what went well moments for the team at the end of each day.
- 6- Be conscious of the social media rabbit hole, it's easy to get sucked in to doing nothing but reading about covid 19

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