



Get Set

Looking after your mental health



Keep yourself safe and well by:



- ✓ Understanding your mental health;
- ✓ Taking control of your mental health and sleep;
- ✓ Getting support at work;
- ✓ Use mental first aid tools in tough times;
- ✓ Looking after your physical health too.

Understanding your mental health

- [We all have mental health](#) and we need to take care of it. Mental health is a spectrum.
- Better mental health means you can think, feel, and react appropriately for the situation. Sadness/anger, in moderation, are included.
- Poor mental health may occur at any point in our lives. It may impact how you're thinking, feeling and reacting, making everyday life feel more difficult or even impossible.
- Your position on the spectrum can vary, due to sleep, what you're doing, weather etc.
- Phone you GP /111 option 2 / our [Employee Assistance Programme](#) if you have serious or intrusive thoughts about self-harm/suicide.



Looking after your physical health will help your mental health. Check out [Get Set – Looking after your physical health](#) on Camweb.

Take control of your mental health

- Make a plan of [how you'll look after your mental health](#) on both 'easier and 'more difficult' days.
- Aim to do something relaxing that you enjoy every day. Read a book, keep up a hobby like crafting or art, meditate, or do an online course.
- [Manage your consumption of media](#)/'bad' news. Prevent distress by not watching/reading the news too much. Avoid fake/hoax memes.
- Keep in contact with friends/family by phone etc.

Sleep better – feel better

- Sleep is good for your physical and mental health – [adults need 7-9 hours a night](#).
- Getting to sleep is easier if you have set [bed/wake times and a 'wind down' routine](#).
- [Screens can harm sleep](#), so turn off your phone/laptop! If you [wake up in the night](#), use these tips to help you fall asleep.

Get support in work

- Speak to your line manager and people in your team, to keep connected at work.
- [Mental Health First Aiders](#) can listen and suggest sources of support in a crisis.
- Our [Employee Assistance Programme](#) can provide free online resources, telephone counselling, legal and medical advice.
- If reasonable adjustments would help you stay safe and effective while experiencing mental health difficulties ask your manager about [SARA](#) (Supporting Attendance Risk Assess).

Use mental first aid tools

- If you're having a tough time now, start by taking a few deeps slow breaths.

Keeping yourself grounded

Feeling anxious? Reconnect with where you are.

Name 5 things you can see (*e.g. table, tree*)

Name 4 things you can feel (*seat, clothes*)

Name 3 things you hear (*birds, traffic*)

Name 2 things you can smell (*perfume, tea*)

Name 1 thing you can taste (*tea*)

- Check out the [NHS Every Mind Matters](#) resources for more tips and tools to help.



Customer violence or aggression may impact your mental health. We have [lone working / personal safety](#) tools to help. Don't forget to [report incidents](#) of violence/aggression.