

## Looking After Your Mental Health

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### Introduction

Incidents like the coronavirus outbreak can affect our mental health. This factsheet sets out the steps businesses and employees can take to look after their mental health and wellbeing.

### Working from home

The UK Government has confirmed that people should only go outside to buy food and essentials, exercise once a day, or to go to work where absolutely necessary. The following steps can help you take care of your mental health and wellbeing when self-isolating or working from home:

- Speak to your employer about any concerns you may have about working from home.
- Check-in with team members regularly. Video conferencing and messaging apps, such as Skype and Teams, can help you stay connected when working from home.
- Try to limit how much time you spend watching or reading news coverage of the outbreak. For example, you could set a specific time each day to read any updates. It is also a good idea to use reputable sources, such as the NHS website or GOV.UK.
- Remember to take regular breaks, eat well, keep active and stay hydrated.
- Create a new daily routine. Think about when you will be working, any childcare requirements, staying connected with family and friends, and other things you would like to achieve during the day.

### Further information

Mind: 'Coronavirus and your wellbeing'

[www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse700d7](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse700d7)

NHS England: 'How to look after your mental wellbeing staying at home'

[www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/](http://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/)



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