

# Looking after your mental health and wellbeing with lockdown easing



THE UNIVERSITY *of* EDINBURGH

**Managing your thoughts and feelings.** Lockdown restrictions easing will be affecting us all differently, leading us to feel and think a range of emotions and thoughts. We have created some hints and tips to support you as this happens.

- [Resources from Mind](#) helps to name some of the feelings you might have about the coronavirus lockdown easing.
- [The Mental Health Foundation](#) have some tips on looking after your thoughts and feelings.

**Supporting you deal with uncertainty.** As lockdown eases the rules may be less clear and lead you to feel uncertain about what is and is not in your control. Tips to manage this include focusing on the present, bringing things that are certain back into focus and talking to people you trust.

- [Health in Mind](#) have produced some resources to help you understand what is and isn't in your control.
- [Penumbra](#) have tools and techniques for self care including breathing exercises, making plans and thinking positively.

**Focusing on what is in your control.** Promoting healthy working environments and working practices can help you understand what is in your control at this time.

- [Five Ways to Wellbeing](#) We believe in the value of Five Ways to Wellbeing supporting you to look after your mental wellbeing and encouraging you to stay active, take notice, keep learning, connect and give.

**Staying informed.** Keep up to date about what the rules means for you as an employee.

- [Covid-19 webpages](#) – the main hub for any information relating to Covid-19 and the University.

**Seeing others.** As we move out of lockdown it's going to be possible to start seeing others again to help you feel connected, build friendships and help combat loneliness.

- [Health Walks](#) - Sport and Exercise are organising a series of Health walks for staff and students over lunchtimes.

**Getting some support.** If you are struggling with your mental health speaking to someone or accessing self-help advice and resources can help.

- [Wellbeing Hub](#) – bring together all University of Edinburgh mental health services

**Looking out for one another.** Sharing and checking in with others may seem insignificant, but small actions can have a meaningful effect on you and others. Go beyond “how are you?” (e.g. How are you coping? What has been the best part of your week so far? What have you been reflecting on since we spoke about this in the team meeting?).

- [Supporting others](#) - We have created guidance on how to support others and how to encourage them to seek support.
- [SAMH](#) have a Wellbeing Assessment Tool to help you and others have conversations about how you are feeling.