



Maintaining your mental wellbeing when working on the frontline



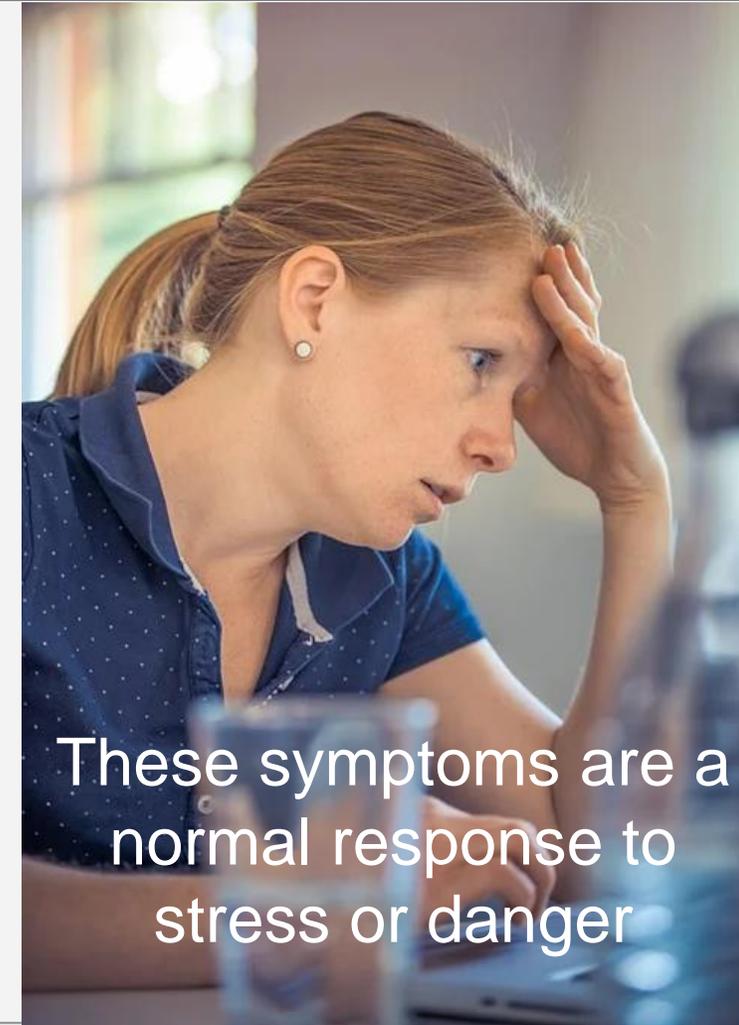
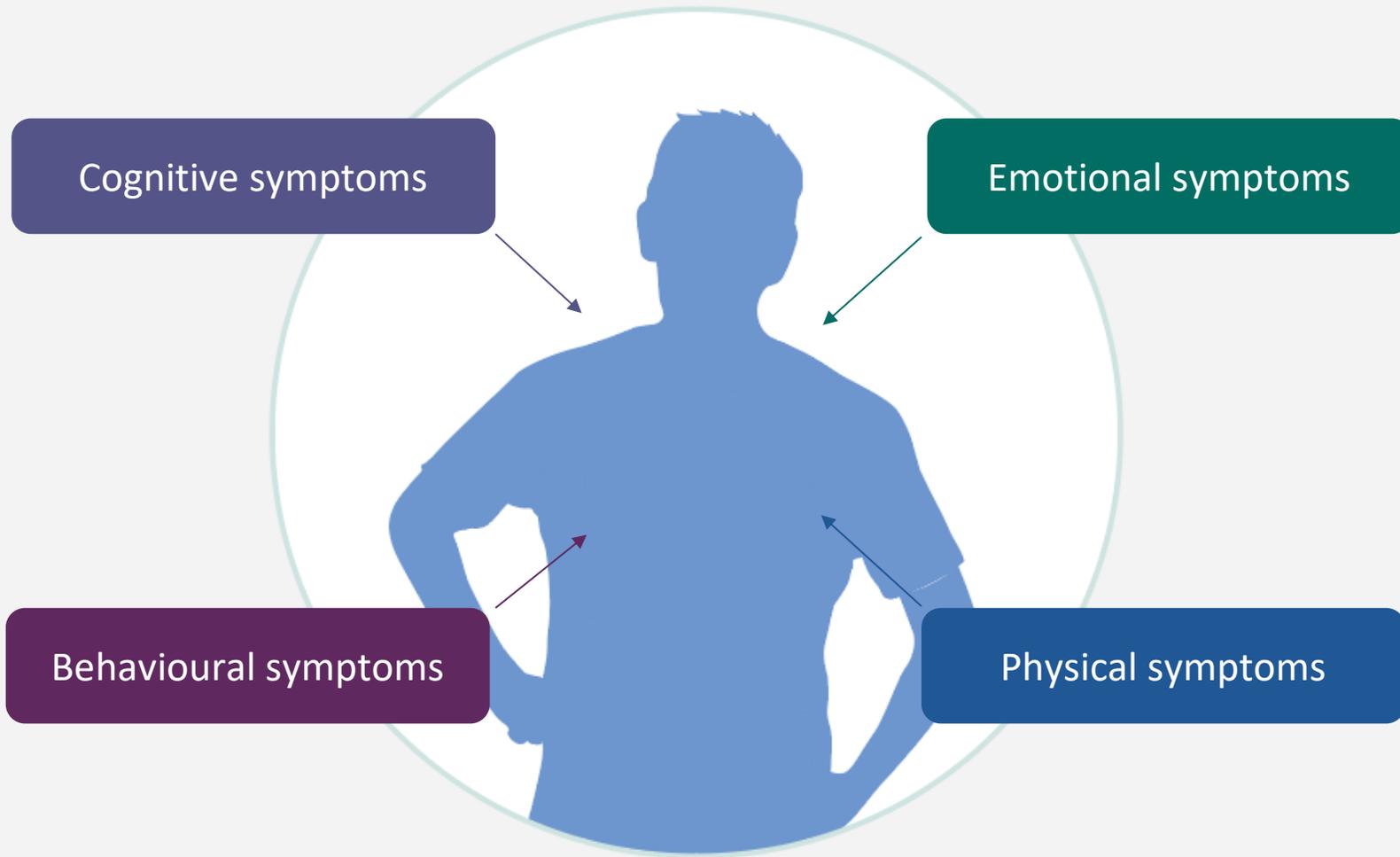
Why is Mental Wellbeing important now?

- Existing impact of mental health
- Worry about COVID19
- Constant changes
- Uncertain about the future
- Increased workload /pressure

- Isolation from support systems
- Limited variety of activity



Signs of stress



Resilience and stress

Stress occurs when pressure is more than our ability to cope - the more resilient we are the better we can manage the demands placed upon us.

“The capacity to maintain wellbeing and performance under pressure, including being able to bounce back from setbacks effectively and deal with change”

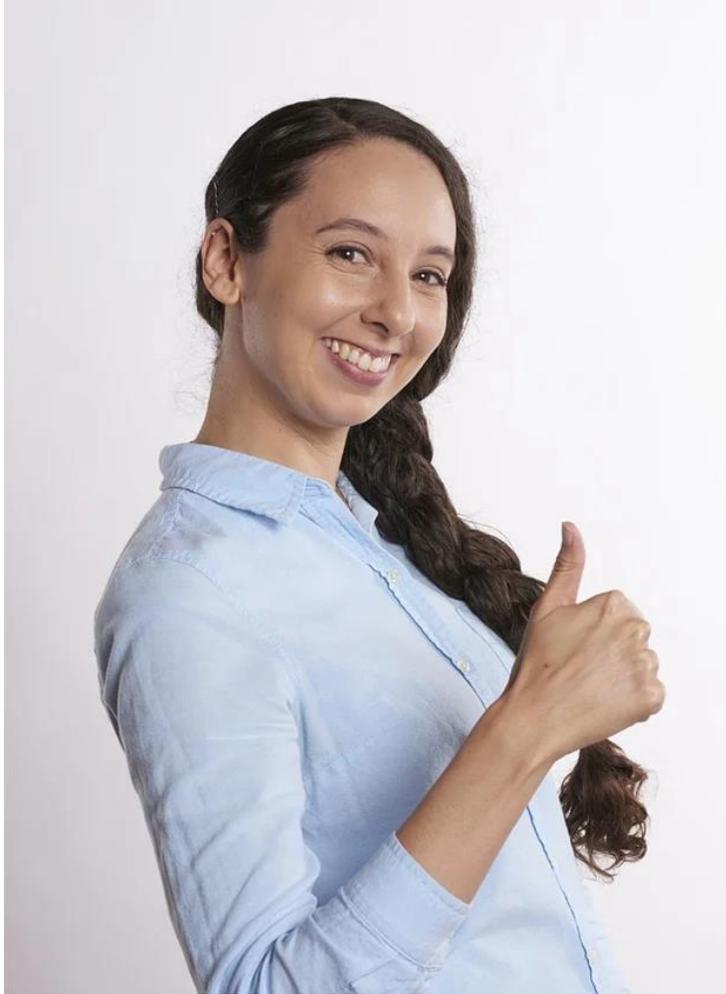
When we are resilient we experience more positive emotions in response to challenges and this helps our overall health and wellbeing



How can we become more resilient?

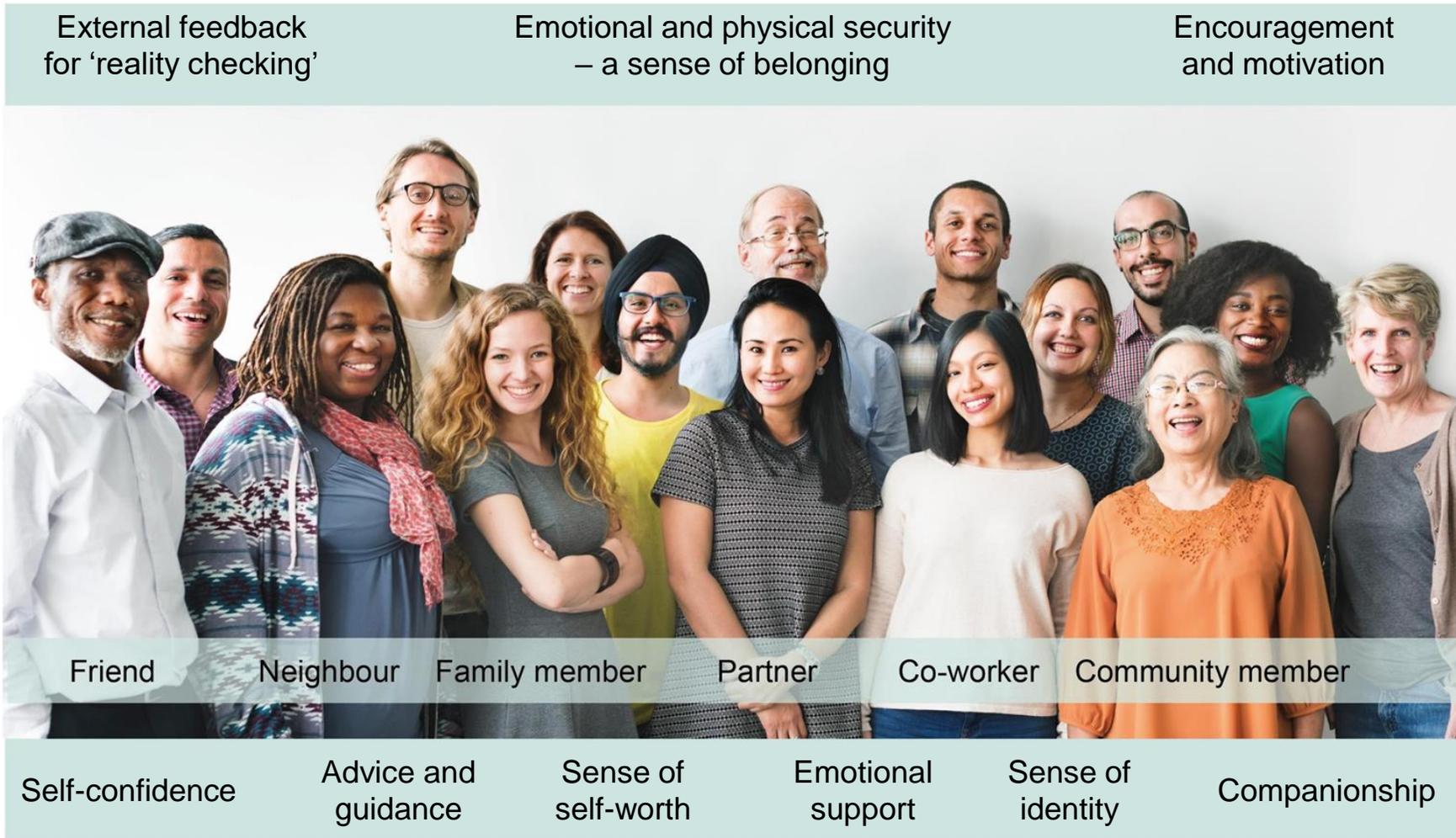


Confidence



- ✓ **Make a list of your strengths**
- ✓ **Ask someone else to help**
- ✓ **What tasks make you feel motivated, energised, positive and productive?**
- ✓ **When are you at your best?**

Social support



Adaptability



✓ Positive thinking

- Use positive self-talk
- Focus on the good things
- Plan something to look forward to
- Have fun and enjoy a joke

✗ Negative thinking

- Putting thoughts on trial
- Reframing
- Thought record
- Reverse the Rabbit hole

Purposefulness

- **S**pecific
- **M**easurable
- **A**chievable
- **R**elevant
- **T**imebound

- Purpose
- Mission
- Values
- The bigger picture



Five Ways to Wellbeing



Give



Take Notice



Learn



Activity and Fitness



Connect

Council support services and resources

Harrow Council

[harrow.gov/staff](https://harrow.gov.uk/staff)

[Log in / Register](#)

News updates and information for Harrow Council staff



vita
health group

WorkplaceWellness™

To access your EAP www.my-eap.com
username: HARROWwell
Tel: 0800 1116 387

Wellbeing guide

harrow.gov.uk/staff

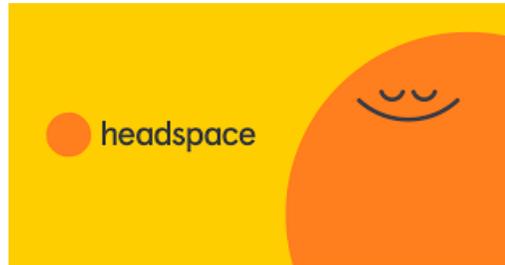
It's an uncertain and difficult time for everyone. The wellbeing of all colleagues remains a priority for Harrow Council, which is why we've developed this pack to support you.



our Harrow
our workforce
our future

Learning POD

Other Support Services



Insight Timer



drinkaware





Thank you for attending our webinar
**Maintaining your mental
wellbeing**
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