

# STAFF WELL-BEING support



Sherwood Forest Hospitals  
NHS Foundation Trust

These are difficult times for us all, and we all need to prepare. It is ok not to be ok, and the following self-care resources are things that we all will need to do.

**Level 1 starts with looking after ourselves:**

## LEVEL 1 - LOOK AFTER YOURSELF

### PROTECT YOURSELF



Use PPE  
Guidance

Contact local Super  
Users for training

### NOURISH YOURSELF



Shops and  
voluntary  
services support

Healthy Eating  
Advice

### KEEP TALKING



Check In/Out  
Daily  
Wellbeing advice  
for managers  
and staff

### STAY INFORMED



Government  
Coronavirus  
information

### KEEP ACTIVE



Virtual exercise  
group

### DON'T PANIC



Headspace

Oxford  
Mindfulness

SFH Mindfulness

We are in this together | Just do the best that you can do | Look out for each other | Its ok not to be ok