



Yorkshire and North Derbyshire Regional Equalities

Stress, Anxiety in the time of Covid – 19

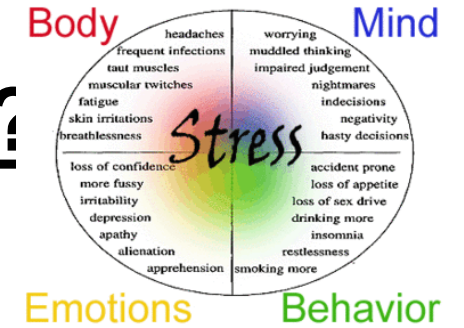
Unusual times

- Modern life is often stressful for many people.
- Covid-19 and social distancing is raising stress levels even further for most of us.

What can we do to help ourselves?



How can we deal with stress/anxiety?



- Keep in touch with people when you can.
- Organise a video chat, arrange phone calls and text messaging
- Maybe choose a book to read or a movie to watch at the same time so you have something to talk about
- Plan a routine so that your day has some structure
- Open windows to get fresh air, if you can go out safely to exercise – do so
- Try to eat as healthily as you can and avoid drinking too much alcohol

Unmasked Mental Health

GMB Regional Equality Forum have linked with Unmasked Mental Health to provide support and guidance at this time.

Unmasked Mental Health have hubs throughout the region and are expanding all the time, allowing people to drop in and have a safe place to chat.(Covid – 19 lockdown excepted)

They have developed an app for you to download so that you can access the same support remotely.

<https://unmaskedmentalhealth.co.uk/>

Call on: [01422 730002](tel:01422730002)
info@unmaskedmentalhealth.co.uk



OUR APP

**Unmasked
Mental Health**

Download for free today on IOS and Android

Apps to provide help and support

- <https://www.headspace.com/>



Free to use during Covid – 19 pandemic

- <https://www.mypossibleself.com/>



Free to use during Covid – 19 pandemic



Many more listed here <https://www.nhs.uk/apps-library/>

Social Isolating, What **GMB** can do to help?

- The **R**egional **E**quality **F**orum are aware that many are finding social isolating difficult. Even if you have family with you it is still possible to feel lonely!

- With this in mind we are launching our **FREE** online:

Regional Well-Being Drop In
Monday 20th April 18:00

Via Zoom Video Conferencing

Email: louise.foster-Wilson@gmb.org.uk to register

To run every Monday until normality resumes!!



Further Resources

https://www.gmb.org.uk/sites/default/files/HS_MENTAL-HEALTH.pdf

https://www.gmb.org.uk/sites/default/files/HS_stress.pdf

https://www.gmb.org.uk/sites/default/files/HS_work-suicide.pdf

<https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety>

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

<https://www.mentalhealth.org.uk/publications/how-manage-and-reduce-stress>

Support from **GMB**: workplace issues

As an employer, GMB has taken the decision that we close our offices and ask our officers to work from home (follow the government's advice about remote working and social interaction).

But, of course, we still have members who need our help and we have all spent our working lives putting our members' needs at the forefront of what we do.

We still remain available for advice and support in this stressful time.

As usual in the first instance contact your workplace reps/conveners.

You can still contact us on: **0345 337 7777**

GMB have had wins with SSP, furloughing at an 80% rate PPE and keep you updated with the latest news and how it affects you:

<https://www.gmb.org.uk/coronavirus/coronavirus-covid-19-what-members-need-know>

What we can't help with is entertaining the kids..
Or can we??

Entertainment for kids while isolating

The door has shut for the time being on museums but this list has virtual tours for you to enjoy with museums from around the world!

https://artsandculture.google.com/partner?hl=en&tab=pop&fbclid=IwAR0FEVPrIdOcYbR6ZJXzX9YyJTDKdr_XT02SW5tdyyJ13137c6fOJvao4mA

We can't take a drive into the country for a day out, so follow the link to watch animals on the farm, in the zoo or in the wild.

<https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/>

See if Harry Potter can expel boredom and visit the new Harry Potter at Home Hub

<https://www.wizardingworld.com/collections/harry-potter-at-home>

Entertainment for kids while isolating

Loads of activities for kids on this reading charities website

<https://www.booktrust.org.uk/>

10 minute creative challenges set by authors and illustrators

<https://authorfy.com/10minutechallenges/>

A free book to download illustrated by Alex Scheffler (The Gruffalo) explaining Coronavirus in a way children can understand

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

Kids! Enter our Regional Equalities Competition

1. **Design a poster** to say thank you to all our key workers (NHS, carers, teachers, refuse collectors, council workers etc)

The winning design will go into all our workplaces to say thankyou to all those who have kept our country running.

2. **Design an image** that we can use for Hate Crime Awareness Week in October 2020.

This will go on posters and t shirts.

We want you to design something that says its okay to be different and you should never hate anyone for being a different colour or religion or for being disabled or having a different family to you.

1st and 2nd prize for each competition

1st prize £50 family cinema voucher for when things get back to normal and a stationery bundle

2nd prize Stationery bundle

Please send all entries to : louise.foster-Wilson@gmb.org.uk
(include child's name and age, members name and membership number)

**Stay safe.
Be kind.
Look after each other.**

Louise Foster-Wilson	Regional Equality and Inclusion Officer
Neil Cole	Regional Officer
Ian Kemp	Regional Equality Forum President
Cindy Gavin	Regional Equality Forum Secretary
Farzana Jumma	National Equality Forum and Regional Equality Vice Secretary

