

ISOLATION WELLNESS ACTION PLAN

Stay mentally robust,
resilient, and well whilst
working from home



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Why fill out this document...

Due to the rapid shift in landscape it is more important than in recent memory to invest in our own mental robustness, resilience and wellness. As the world begins to adjust to working/ being at home full time, a proactive approach is required face to the challenges that are already upon us.

By taking a firm grip of the new realities faced you can make this experience a whole lot smoother for yourself and those you are sharing this time with. It is not heavily time consuming, but, will reveal some high value information for you to stay at your optimum. Possibly even improving your pre-crisis state.

After all - Prevention is far better than a cure

The challenge with becoming mentally unwell is that - Without knowledge and experience people may slip into undue struggle without realising it.

This document will give you a fighting chance.

Contents

This document contains some set questions for you to get curious and talk with other members of your household. You will explore facets of your working style, coping style and how you can stay at your best.

There are also:

- Hints and tips on how you can look after your wellbeing.
- Information on crisis resources.
- Useful NHS approved smartphone apps.

and finally:

- Some friendly reminders for yourself if you are not having a great day mentally.

As a culture we are becoming much more accepting of mental illness, however, stigma still is all around us. We are all happy to say 'It's ok not to be ok' but often don't apply this to ourselves.

**Nobody is immune to mental struggle
There is no health without mental health.**

How to use this document

A Wellness Action Plan (WAP) is an individual guide to help us stay mentally well.

This document has been designed for those who have been disrupted by the Covid-19 Pandemic.

Filling this out and using this will help you stay well, perform to your highest, and communicate effectively with those you are sharing this time with.

- Start by printing this document from pages 5 to 10 If you cannot print simply use the questions as a guide and write your answers on paper.
- Read through and provisionally answer the questions as honestly as possible. Try to bear in mind how you would operate best within your normal environment.
- Review and discuss with the other members of your household with that you will be sharing this period with.
- Communicating any information provided on question 5 with your employer/ line manager is recommended.
- Use the hints and tips section on pages 11, 12, and 13 to help stay mentally robust, resilient and well.

Links to resources are indicated by this icon - 

Isolation Wellness Action Plan

1. What do you need to stay mentally healthy right now? (minimising stress/ anxiousness)

2. What can other members of your household do to proactively support you to stay mentally healthy whilst working from home?



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3. Are there any early warning signs that people might notice when you are starting to experience poor mental health?

Changes in behaviour, such as becoming quiet or loud, eating more or less, trouble sleeping, increased irritability, changes in mood, feeling fatigued are potential signs

This is not an exhaustive list or indicative of serious mental illness



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4. Are there elements of your individual working style or temperament that it is worth other members of your household being aware of?

5. What helps you work productively from home?



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6. If others in your household notice early warning signs that you are experiencing poor mental health – what should be done?

7. How can your employer support your mental health when working from home?



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8. Action plan - What am I going to do to proactively support my own mental health?

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Additional notes

Isolation self care top tips...

1. **Get outdoors** - Go for a walk, a run, or bike ride just keep your distance.
2. **Stay active** - A lot of physical activity that can still be done at home, no gym equipment required.
3. **Eat well** - Eat nutritious foods. Avoid junk foods and excessive alcohol consumption. Have several drink free days per week.
4. **Be mindful** - Engage in moments, set aside time to meditate throughout your day. Pause - Connect - Reflect.
5. **Practice gratitude** - Focus on haves rather have nots.
6. **Be productive** - If you are a homeowner, try gardening, or doing snagging DIY jobs.
7. **Develop yourself** - There's never been a better time to work on oneself, sign up for a course, read books, attend webinars. Some top American universities are offering free online courses. 
8. **Get creative** - Try new things - Write a blog, draw, plan activities for when this is over.
9. **Stay connected** - Have a virtual coffee or dinner party from home with family, friends or colleagues.
10. **Switch off** - Try to switch off from technology and social media as much as possible. Try reading or listening to a book/podcast.



Set yourself boundaries...

As the lines between work and home lives have become blurred for many, it is important to set boundaries. While it may be novel for some, for many this lack of clarity can cause stress and anxiety. If you do not usually work evenings and weekends then you should not be now.

Try these basic steps to set yourself up for success:

- Start and finish at the same time as you would if you were in a physical workspace.
- Set aside break times as you would receive normally.
- Get dressed in work type clothing if this is required to energise you.
- Communicate with your team and leaders frequently to stay connected.

This adjustment may take time. Not everyday will be a great success story, try not to be too hard on yourself if usual productivity has been impacted.

Things to remember...

- This may feel like the toughest time now, it will pass.
- Difficult experiences neurologically build mental robustness and resilience.
- Feeling anxious at this time is perfectly natural.
- Setting time aside for yourself isn't selfish it is self care.
- Allowing yourself to be vulnerable is more important than ever. Sharing how you feel not only helps you to make sense of feelings, it encourages others to share too.
- If a negative thought is persistently bothering you - ask yourself:
 - What evidence do I have of this thought?
 - How can I change how I feel about it?
- And remember..
 - Not all thoughts are true.
 - Just because you believe it now doesn't make it a fact.
 - Getting angry or frustrated about events out of our control expends a lot of energy and attention that could be focused somewhere more positive.

Life is different currently - This is a great time to try new things, take time to appreciate the little things & get resourceful.

Crisis support...

Samaritans

The following helpline provides emotional and crisis support for everyone affected by mental illness.

Phone: 116 123 Freephone

24 hours a day, 7 days a week

www.samaritans.org 

Hub of Hope

The Hub of Hope is a first of its kind, national mental health database which brings together organisations and charities, large and small, from across the country who offer mental health advice and support, together in one place.

www.hubofhope.co.uk 

Smartphone Apps...

Big White Wall 🖱️

Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.

Catch It 🖱️

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).

For more information ...

If you would like more information on keeping yourself and your team mentally robust, resilient, and well please visit:



[Catalystdo.co.uk](https://catalystdo.co.uk) 



Contact: Info@Catalystdo.co.uk 

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[Catalyst DO Facebook Page](#) 



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Finally...

Catalyst DO would like to say a huge thank you to all of our NHS staff and the key workers.

Together we can beat this

Please stay at home

United we
conquer



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