



Professional development

Webinar Resources Reference

Wellbeing Resources and sources of support during the coronavirus pandemic

- **NEU** Website is updated daily with advice and information related to coronavirus for all sectors of membership and union representatives. <https://neu.org.uk/coronavirus>
Specific wellbeing advice contained in factsheet at <https://neu.org.uk/coronavirus-what-you-need-know-staff-mental-health-and-wellbeing>
- **Education Support** are the only UK charity dedicated to improving the health and wellbeing of the entire education workforce. Details of resources and other ways they are supporting education staff through the pandemic can be found at their website <https://www.educationsupport.org.uk/resources/factsheets/i-feel-overwhelmed>
- **NHS:** A quiz tailored to the coronavirus outbreak with personalised suggestions about how to improve your physical and mental health
https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=CjwKCAjw3-bzBRBhEiwAgnnLChEiNpGMfxYzZjg6zwlHpgta8k1iFhLwjiltF7LBqOOUnWnHWWHHRoC9WoQAvD_BwE
- **HSE:** Advice on range of issues such as workstation ergonomics, PPE, social distancing, first aid etc
https://www.hse.gov.uk/news/coronavirus.htm?utm_source=hse.gov.uk&utm_medium=refferal&utm_campaign=coronavirus&utm_content=home-page-banner
- **Mental Health.org.uk** How to look after your mental health when staying at home.
<https://mentalhealth.org.uk/coronavirus/staying-at-home>
- **Life Raft** 7 Tips to reduce stress and anxiety during the coronavirus pandemic
<https://www.theliferaft.org/blog/7-tips-to-reduce-anxiety-during-the-coronavirus-pandemic>
- **Nordic International** Useful tips for working from home during lockdown.
<https://nordicinternational.co.uk/coronavirus-working-from-home-10-useful-tips/>

Research

- **AXIOS** -Research reveals the physical and mental toll on the physical and mental health of Americans. **AXIOS:** <https://www.axios.com/coronavirus-vices-alcohol-marijuana-food-23f02d5e-b82b-4944-8609>
- **University of Oxford** launch new research survey designed to track children and young people's mental health through the Covid crisis to identify what advice,

support and help can protect their mental health. **University of Oxford:**
<http://www.ox.ac.uk/news/2020-03-30-covid-19s-impact-youth-mental-health-focus-new-research>

- **Psychology Today** explores the fight-flight-*freeze* response. This helps you understand how you're likely to react when the situation confronting you overwhelms your coping capacities and leaves you paralyzed in fear. **Psychologytoday:**
<https://www.psychologytoday.com/us/blog/evolution-the-self/201507/trauma-and-the-freeze-response-good-bad-or-both>