

# Supporting Our Professionals

## The Calm Before The Storm...

### ... Maintaining Our Resilience In The Face of COVID-19

These are exceptional times! We are totally aware that things seem daunting and more than a little scary right now, therefore we wanted to bring some useful and relevant resources together for you to find in one place, and plan to issue this newsletter each week as the COVID situation unfolds.

## Useful Resources

### Wessex LMCs - The Calm Before The Storm: Coping With Uncertainty And Dread

Dr Laura Edwards, Director at Wessex LMCs, talks with Stuart Somerville, former intelligence officer with the military, about how you can deal with the uncertainty before really difficult situations arise.



### Wessex LMCs – Resilience: When It All Feels Too Difficult



In this podcast, Louise Greenwood, Director of Wessex LEaD, speaks to Sheela Hobden from bluegreen Coaching about resilience and wellbeing. This is a great resource to share with all in primary care, including reception and admin staff.

### NHS Practitioner Health – Events Calendar

A calendar of upcoming wellbeing events, including webinars, meetings, podcasts and more.



### NHS – Supporting Our People

Helping you manage your own health and wellbeing, whilst looking after others.



If you are feeling particularly overwhelmed or distressed, the Appraisal Service can be a safe place to talk to someone in confidence. Please contact us on [appraisal.wx@hee.nhs.uk](mailto:appraisal.wx@hee.nhs.uk) marked CONFIDENTIAL and we will get back to you.