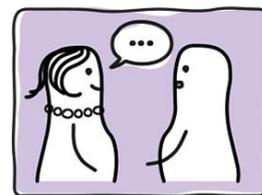


Supporting Our Professionals

How To Keep Calm...

... Things You May Already Know But Might Not Be Prioritising Highly Enough

The **Red Whale** Primary Care Learning Site perhaps says it best: "We are living through unprecedented times. The rapid spread of the coronavirus is affecting us all mentally, if not physically. Despite crazy times like these (or perhaps because of times like these), it's even more important that we look after our own mental health." [CLICK HERE](#) to view their Emotional & Psychological Survival Guide.



Other Useful Resources:



The Lost Update Podcasts #1: How to Keep Calm

Find out how the threat-defence response interferes with our imagination to lock us into stress, and how our innate relaxation response can be activated at will to break out, enabling us to access more of our resources whilst working, and switch off when needed.

The Lost Update Podcasts #2: Our Needs & Resources

An exploration of "what we need and how we get it" as described by the Human Givens model of mental and emotional health. A clear understanding of our innate psychological-emotional needs and resources enables us to take better care of ourselves and each other.

The Lost Update Podcasts #3: Sleep – Recharging Our Batteries

An exploration of "what we need and how we get it" as described by the Human Givens model of mental and emotional health. A clear understanding of our innate psychological-emotional needs and resources enables us to take better care of ourselves and each other.

NHS Practitioner Health – Events Calendar

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



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 marked CONFIDENTIAL and we will get back to you.

