

COVID-19 Notice

Friday 24 April 2020



Mindfulness is not an answer to Covid-19 but it helps many people and it could help you' @HCW_Welfare



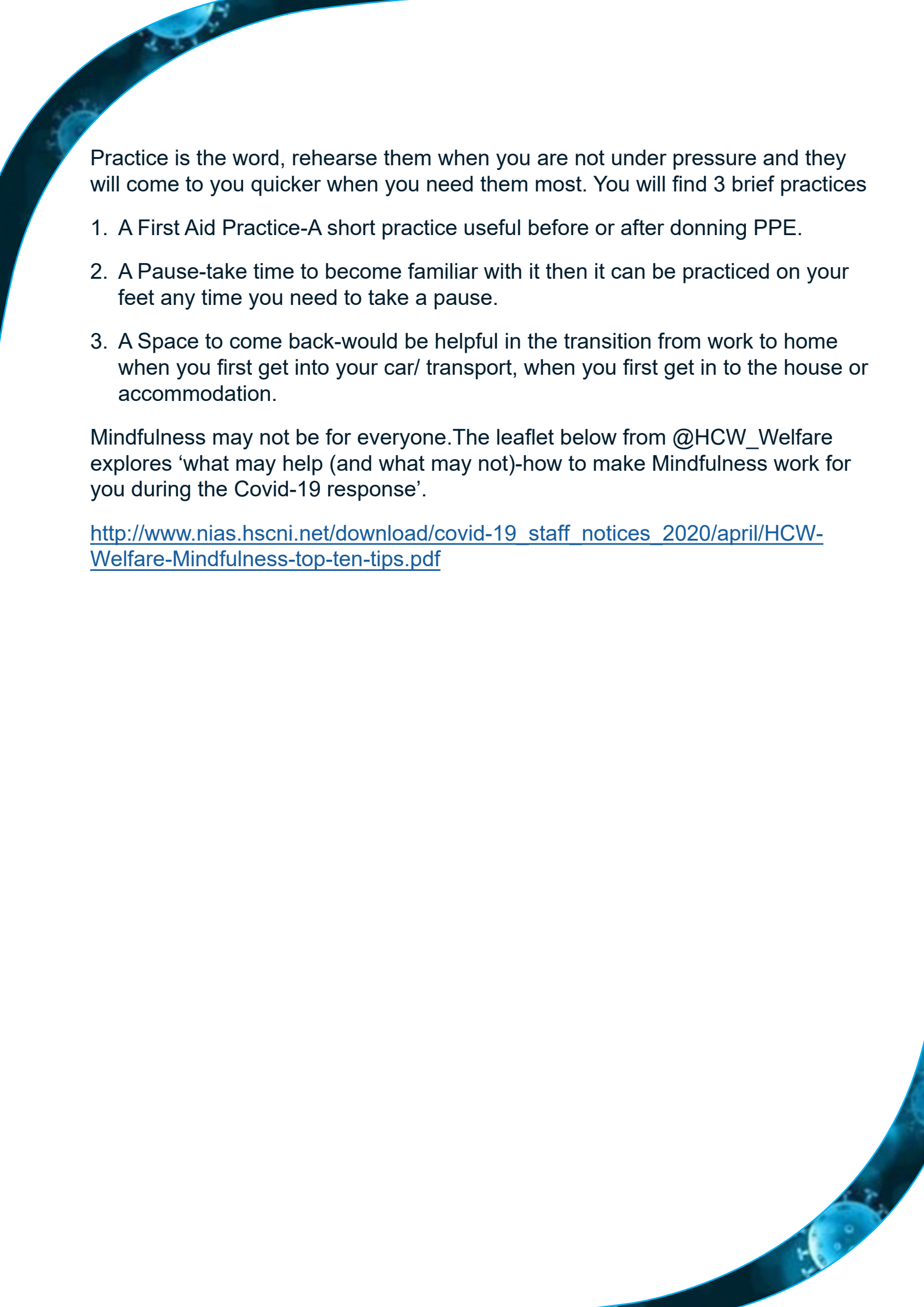
Many of us are finding it hard to 'switch off' at the end of shift or at the end of the day. Our minds can be constantly active at the moment with thoughts racing to what is ahead or going over what we have been doing. The Safe, Short and Simple mindfulness practices below from Mayfly may help by grounding you in the moment and experience a feeling of calm.

(DoH) Guidance as follows:

The 3 practices have been designed to offer brief introduction to mindfulness to those on the front line who are quite new to mindfulness practice. Mayfly collaborated with Dr Alys Cole-King @HCW_Welfare and a team of clinicians and practitioners to develop Covid 19 Mayfly practices for health and care workers like you.

Copy this link to your own personal device to access the practices or search Mayfly Mindfulness-Covid-19.

<https://mayfly.org.uk/covid19-mayfly-practices/>



Practice is the word, rehearse them when you are not under pressure and they will come to you quicker when you need them most. You will find 3 brief practices

1. A First Aid Practice-A short practice useful before or after donning PPE.
2. A Pause-take time to become familiar with it then it can be practiced on your feet any time you need to take a pause.
3. A Space to come back-would be helpful in the transition from work to home when you first get into your car/ transport, when you first get in to the house or accommodation.

Mindfulness may not be for everyone. The leaflet below from @HCW_Welfare explores 'what may help (and what may not)-how to make Mindfulness work for you during the Covid-19 response'.

http://www.nias.hscni.net/download/covid-19_staff_notices_2020/april/HCW-Welfare-Mindfulness-top-ten-tips.pdf