

Wellbeing in a time of Covid 19

Sharon Currie, Susan Gimson and Louise Stuart
Public Health Scotland

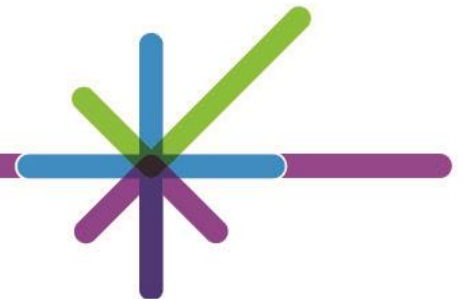


Covid 19: Ongoing Issues and return to work

- General covid-related issues
- Covid risk assessments
- Individual risk assessments
- Issues of wellbeing and covid



@rossneddon





thriving at work

Struggling at work

Off work due to ill health

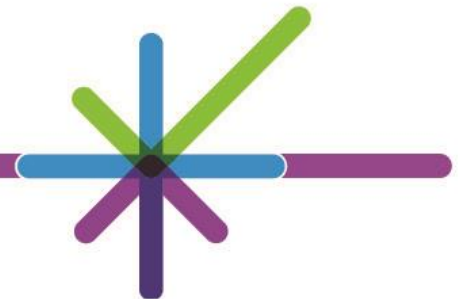


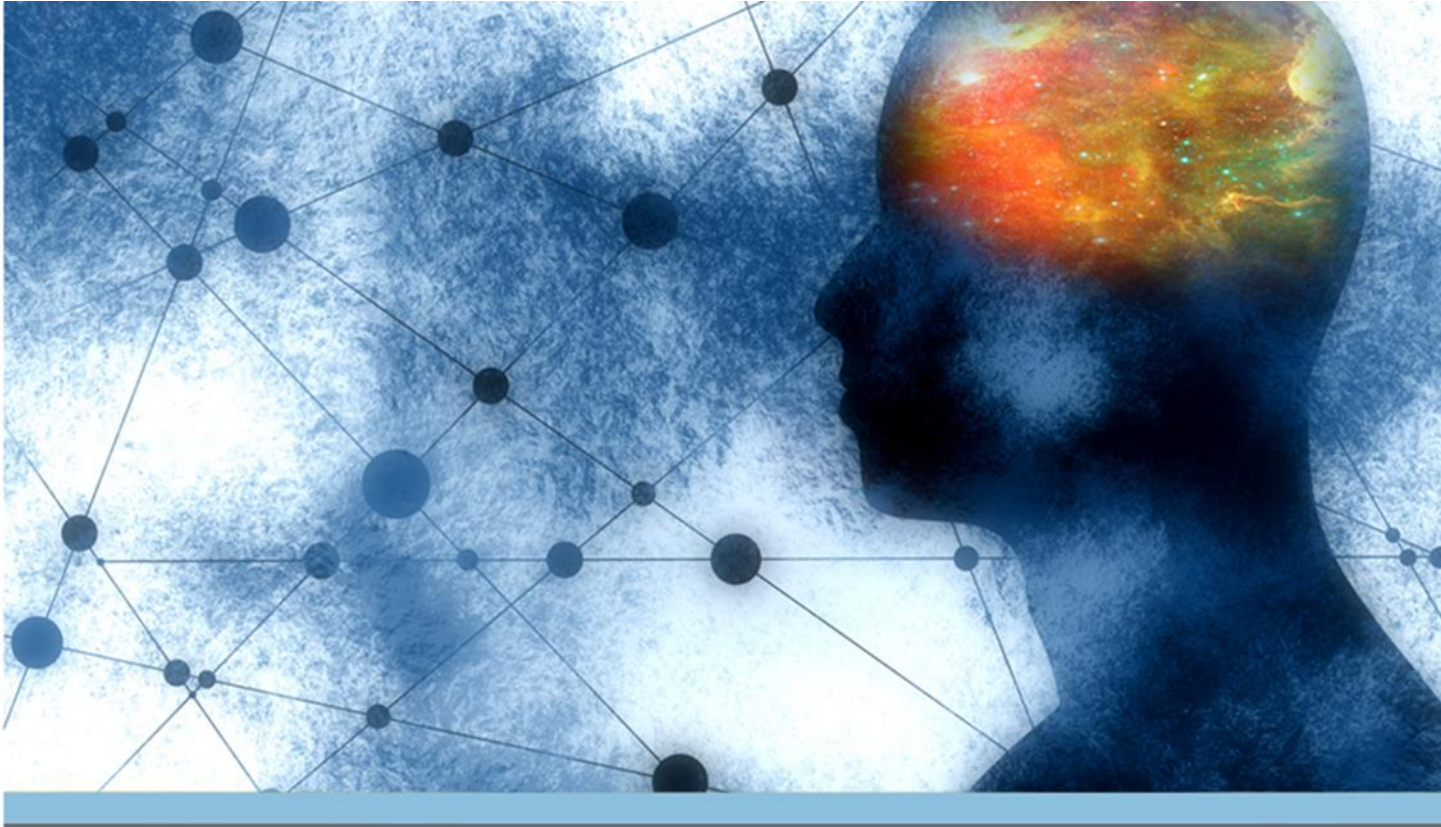
Wellbeing in a time of Covid 19

A manager's role in wellbeing

So, what is a manager's role in wellbeing?

- Encourage and motivate
- Communicate
- Environment
- Support
- Leadership
- Expectations
- Development





Training
for
line managers
is important

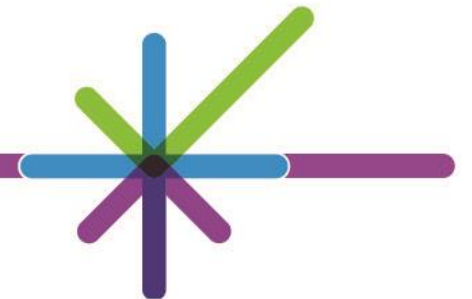
Mentally Healthy Workplace Training

a course from Public Health Scotland

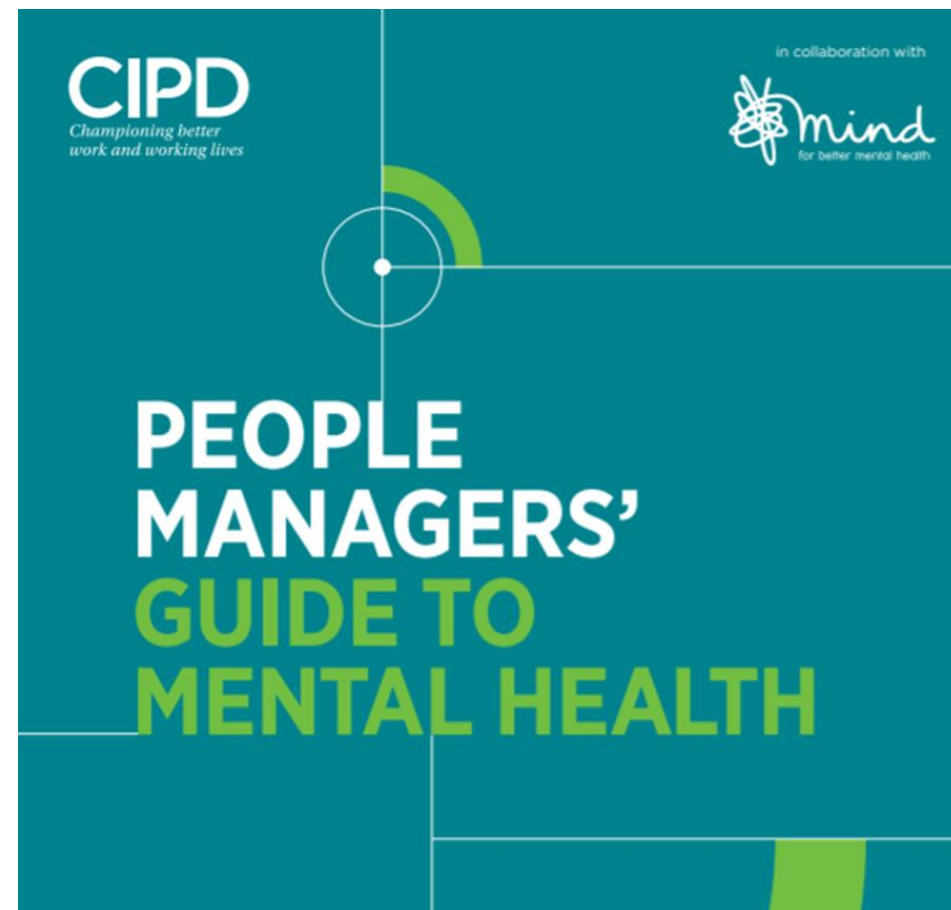


As a manager, you may need to have difficult conversations

- Ask the person if they are okay
- Show concern for their wellbeing
- Encourage them to talk about their problem or situation
- Listen actively and non-judgementally
- Show you are willing to help
- Encourage them to seek professional help or support if appropriate



- How are you doing at the moment?
- You seem a bit down / upset / under pressure / frustrated / angry. Is everything OK?
- I've noticed you've been arriving late recently and I wondered if you're OK.
- I've noticed the reports are late when they're usually on time. Is everything OK?
- Is there anything I can do to help?
- What would you like to happen? How?
- What support do you think might help?
- Have you spoken to your GP or looked for help anywhere else?



Wellbeing in a time of Covid 19

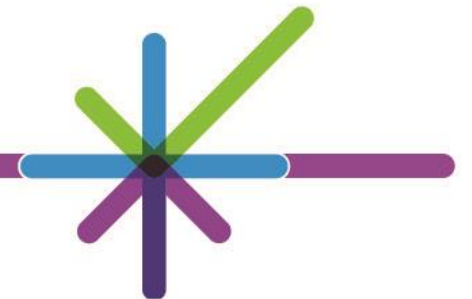
Staff training in a Covid world

Staff training in a Covid world

1. Is face to face training the right choice for your organisation?
2. Alternatives ?



Changbok Kos



Ask, Tell Animations and Workshops



Wellbeing in a time of Covid 19

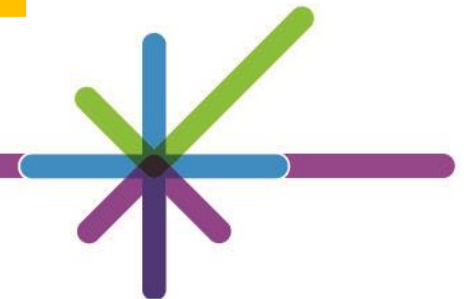
Mentally Flourishing Workplaces

“Mental Health Collaborative”

- Set standards for workplace mental health – possibility of workplace charter
- Brings together key players in mental health
- Special focus on training



Single set of standards for benchmarking workplace mental health



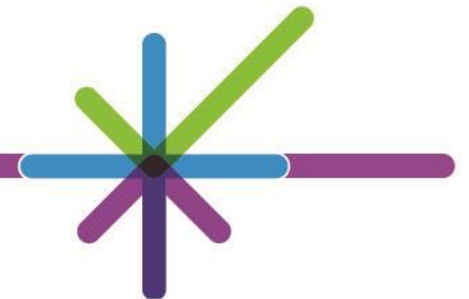
Wellbeing in a time of Covid 19

Tools to support staff wellbeing

Tools to support staff wellbeing

- Signposting (internal and external supports)
- Wellness Action Plans
- Risk assessments (stress and COVID-19 age)

- Healthy Working Lives
- Working Health Services Scotland
- PROMIS
- Scot Gov 'Clear Your Head' campaign
- Able Futures
- Mental Health Foundation
- See Me
- MIND
- NHS Inform



Thank you

