

School Staff Wellbeing

Issue 2: 4 May 2020

Resources to help you maintain your wellbeing

The workforce development team have put together a range of learning, development and support options for individuals and teams. If you don't yet have a workforce development account, click [here](#) and follow the instructions. For more information on anything being offered below please email HRWorkforcedevelopment@southglos.gov.uk

The resilience and wellbeing webinar series

This is a series of short webinars over the coming weeks for staff and managers to provide good practice content, provide signposting and engage learners in discussions around strategies and what they are finding helpful. Webinars are online workshops and these sessions will include the sorts of activities you would usually find in a workshop, such as self-reflection, discussions and action planning. There will be two options for all of these webinars – a recording that the individual can watch and follow on their own, or live webinars with groups of up to 6. Find out what is available and book a place [via our website](#). The series also includes the following two recorded webinars which you can access at any time:

Building resilience in times of isolation – Resilience is a skill that you can learn and build on. This webinar looks at how you can build your physical, emotional, mental and social resilience to help you deal with the challenges you are facing such as social isolation, anxiety and variations in motivation. It will help you consider the small things you do every day that can have a huge impact and give you tools and techniques that will help you in work and home, as well as share with others. Building resilience – webinar recording April 2020
<https://vimeo.com/412657121/889e68944c>

Understanding your response to change – adapted from our face to face workshop this webinar will help you gain better understanding of your emotional response to change and the response to those around you. It will help you to make sense of your feelings and what is normal through any change, particularly in a time of uncertainty and isolation. The webinar will provide you with techniques to think about the current changes to working and lifestyle in different ways that can help you feel more positive and in control. Understanding your response to change - Webinar recording (April 2020) <https://vimeo.com/412657643/f27737e2d5>

South Gloucestershire Council support

Coronavirus (COVID-19)

Latest information on the council's response to the coronavirus situation, updates on services and what support is available.

<https://beta.southglos.gov.uk/health-and-social-care/health-services/covid19/>

Staff counselling service (Interchange)

Interchange is a personal and confidential counselling service for school/academy employees whose school/academy have signed up to use it, you will need to check with your school/academy if they use this service first. Once authorisation has been received from your Headteacher then

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your school/academy will be charged for up to four counselling sessions per year. This may be extended by up to two further sessions on the advice of Interchange. No-one at your school/academy will be made aware of the content of your counselling sessions (which are confidential).

National Support available from Mind

[The Mind information hub](#) provides advice on how to support your mental wellbeing during this period. This includes practical advice on coping with staying at home, tips for employers on supporting yourself and your team, and updates on how the new coronavirus laws could affect your rights. If you're a young person struggling at this time, we've also got some information for you.

<https://www.mind.org.uk/coronavirus-we-are-here-for-you/>

And finally.....

Lockdown lingo - are you fully conversant with some new terminology?

Quentin Quarantino

An attention-seeker using their time in lockdown to make amateur films which they're convinced are funnier and cleverer than they actually are.

Coronacoaster

The ups and downs of your mood during the pandemic. You're loving lockdown one minute but suddenly weepy with anxiety the next. It truly is "an emotional coronacoaster".

General enquiries about the content of this newsletter can be directed to heathinschoolprogramme@southglos.gov.uk.