

Looking after your wellbeing during COVID-19

COVID-19 means we are all experiencing an unprecedented situation. Everyone reacts differently, and we will have periods where we find it more difficult to deal with. **It's okay not to feel okay.** Talking can often help.

Feeling stressed, worried or anxious means that you are human. These are normal reactions to challenging circumstances.

It's important to take a step back. Having a good wellbeing routine will help prevent the build-up of emotional distress and anxiety.

There is a range of mental health and wellbeing support available to teachers across Dorset. Click the links or search for them online.

For practical tips on maintaining your mental wellbeing and support if you're anxious or stressed about coronavirus, take a look at [Every Mind Matters](#).



Find out about the range of support [LiveWell Dorset](#) offer for improving physical and emotional wellbeing. You can also book on to [Five Ways to Wellbeing](#) or [Helping You to Help Others](#) online training.



[Mental Health Foundation](#) has lots of tips and resources, including on parenting, relationships and financial worries.

For more information about the mental health and wellbeing services available to you, visit [Dorset HealthCare's information on coronavirus wellbeing support](#) or your organisation's intranet.

[Dorset Mind](#) has a range of self-help resources and support services which have been moved online. You can refer yourself.

Take a look at the useful resources the [Educational Psychology](#) team have put together to support your mental health and wellbeing.