

Supporting Our Professionals

Maintaining a Balance...



... as nations start to emerge from COVID-19 lockdown, how far should we go?

Coronavirus hasn't gone away. Indeed, it may never go away. But society simply cannot remain in lockdown forever; we must begin to emerge and, slowly but surely, carve out a new normal while trying to remain vigilant – 'stay alert' – to the threat still posed by COVID-19. It will require balance on many levels; finances vs. safety, responsibility to society vs. responsibility to our personal households. There's much to think about.



Mindfulness is all about focusing on the present moment, using techniques like meditation, breathing, and yoga. By becoming more aware of our thoughts and feelings, we're better able to manage them to help reduce levels of stress and anxiety. We teamed up with **Dr Tamsin Betts** to create some information sheets to guide you and help you get started.

Be kind to your mind

It's **Mental Awareness Week**, and the theme this time is 'kindness'. We really shouldn't need reminding of the huge importance of being kind to others, but we should also never forget to be kind to ourselves. By balancing our obligation to be kind to ourselves as well as others, we can hopefully instil an enormous sense of satisfaction and wellbeing all round.



Your money or your life

The COVID-19 pandemic has left many with a stark – or no – choice regarding work, which has led to financial difficulty. If you have been affected, there are a few options to consider. **The Cameron Fund** is the GPs' own charity, and the only medical benevolent charity which solely supports General Practitioners and their dependents.

The Royal Medical Benevolent Fund (RMBF) provides support for doctors and their families through all stages of their career and beyond, both financial in terms of grants and loans, and pastoral for those who may be in need of a listening ear. In addition, there is the Government's **Self-Employment Income Support** Scheme, and their **Bounce Back Loan** Scheme for small businesses.



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.