Taking care of yourself ②

UCU
University and College Union

1. PAUSE

Take time out to assess how you feel. Keeping a diary can help you to monitor changes to your physical and mental health.

2. AVOID BURNOUT

Make a weekly plan. This can help with managing workloads, stress and anxiety. Schedule exercise breaks and non-work activities.

3. SCREEN TIME

Try not to stay too long on screen. Take regular breaks and use a blue light filter on your monitor to reduce the harmful blue light that can causes eye fatigue, blurred vision and headaches.

YOU'RE DOING GREAT!

These are unusual times but you are not alone. Remember that you are appreciated and you are valued. Don't be afraid to ask for help if you need it. If you are feeling overwhelmed, contact:

- **999**

- **The Samaritans** www.samaritans.org
  116 123 (Free call)

- **MIND** www.mind.org.uk/0300 123 3393

- **Education Support** www.educationsupport.org.uk
  08000 562 561 (free call)
  07909 341 229 (text phone)

- **Women's Aid** www.womensaid.org

- **Refuge** www.refuge.org.uk
  info@womensaid.org.uk

- **Black African & Asian Therapy Network**
  https://www.baatn.org.uk/free-services

- **Switchboard** https://switchboard.lgbt

- **LGBT Foundation**
  https://lgbt.foundation/helpline

4. STAY CONNECTED

Keep in touch with friends and family. Form supportive networks.

5. PERSPECTIVE

Try not to overthink events. You have no control over the decisions being made during the pandemic. Step back, breathe and relax.

6. AVOID NEWS OVERLOAD

Limit time watching the news. Delete unhelpful messages which spread misinformation and lead to stress and anxiety.

STOP CORONA VIRUS

Finally, don't forget to check out all UCU's Covid-19 related guidance for members at: www.ucu.org.uk/coronavirus