

Mental health support for staff while working at home during the coronavirus crisis

There are many online resources available to staff and managers at the University, providing support for mental health during these exceptional times

General

- Keep abreast of the University agreed advice on these FAQs pages, it may change
- Use the University's [Employee Assistance Programme](#) for information: there are articles for individuals and managers on keeping teams together, as well as advice on exercise and diet. Login: uokent. Password: university
- [WorkGuru](#) is an online resource that has been relaunched for free because of the crisis. Enter the word FREE on the code box on the right
- MIND has produced some useful information, including a booklet on [Taking Care of your Mental Health and Wellbeing](#)
- The [Staff Wellbeing Reading List](#) can be accessed via the Health and Wellbeing website and there are online editions available
- The Individual Stress Risk Assessment Tool is available off the [OH website](#)
- The Robertson-Cooper i-resilience tool is available off the [OH website](#) and [the Health and Wellbeing website](#). This is a confidential personality-based questionnaire that enables you to receive a personalised i-resilience report. The feedback will tell you how your personality is likely to influence your personal resilience (coping with and bouncing back from setbacks) both generally and in a range of workplace situations.
- Support continues to be available from Occupational Health. Contact them via occupationalhealth@kent.ac.uk

DSE

- There is pragmatic advice on DSE setup provided by the Safety, Health and Environment Unit on the FAQs pages.
- Simple Infographic advice on home workstation set up is available here – [file:///C:/Users/wr30/Downloads/Homeworking-Solutions Infographic.pdf](file:///C:/Users/wr30/Downloads/Homeworking-Solutions%20Infographic.pdf)
- A simple set of stretches and exercises to do while working at a computer from Posturite can be found here – <https://www.posturite.co.uk/blog/14-easy-desk-exercises-keep-supple-work>

Exercise

- This article provides guidance on exercise during the crisis - <https://www.verywellfit.com/best-ways-to-exercise-at-home-1231142>
- Joe Wicks, the Body Coach, You Tube channel has been well publicised in the media for PE classes for children every morning, but also includes lots of other fitness work outs. <https://www.youtube.com/user/thebodycoach1>