



Mental Health Matters

OSW – Lockdown Lowdown – Week 3 – COVID-19 and Anxiety



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COVID-19 & Anxiety

It's natural to feel anxious about everything right now, times are changing and there is a lot of uncertainty.

Everyone reacts in their own way, but normal coping strategies may be impacted by COVID-19, therefore we may need to be more creative about ways to look after our emotional wellbeing.

Simple tasks such as having a routine, maintaining a structured day and setting goals may be effective in helping with anxiety and worry.

**Every
life
matters** ...



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Tips on beating COVID-19 Anxiety

Some top tips on when everything begins to feel too much:

- **Limit news coverage** – avoid constantly checking for news, remove news notifications on your phone
- **Concentrate on the facts** – if you are looking at news outlets, use reputable sources, avoid social media coverage
- **Focus on what you can control** – We cannot control the COVID-19 pandemic, focusing on the present can help with different emotions.
- **Distract yourself** – take some time off the internet, play a board game, read a book, watch a movie!
- **Connect with others** – reach out to family and friends, share coping strategies and talk.
- **Be nice to yourself**



Spotting the signs of Anxiety

The below list are some of the noticeable signs someone may be struggling:

- Withdrawing and avoiding friends/family
- Stopping phone and social media contact
- Change in appearance
- Losing enjoyment in activities
- Mood swings

It's a good time to be 'helpfully nosy', show interest in people around you, ask questions and check in!

For a full list please visit www.nhs.uk



Mindfulness

Internal Resources:

Resiliency

The challenges that we are facing are not ones that we should face alone. Collectively we should support each other and our business through this difficult period. Doing so will enable us to be more resilient and cope better in our personal and professional lives.

<https://jacobsconnect.jacobs.com/community/company/global-security/coronavirus-ncov/mental-health-resiliency-resources>



Check out our latest call Mental Health Resiliency Call on exploring Imposter Syndrome, and its impact on all of us



Coping with Anxiety during COVID-19



Check out our recent conversation on Self Compassion and our Mental Health Journey during COVID-19



How to deal with adversity and overcoming challenges. Check out this amazing story of four submariners who row across the Atlantic Ocean



We are joined by guest speaker Paul Clark, who shares his experience, insights and journey with his 14 year battle with alcohol addiction, exploring stigma, hope & recovery



Greater access. Everyone, everywhere. World Mental Health Day 10th October

Mindfulness

At a time when our attention gets distracted and diverted at every turn, these mindfulness sessions brings it back to where it most belongs, the here and now. These recordings are suitable for anyone interested in finding a little bit of peace in their day.

<https://web.microsoftstream.com/channel/04736b34-eb7a-4a67-afb6-0388be47895d>



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Support:

Employee Assistance Programme



Your Employee Assistance Programme provides support and information to help you manage life's small, practical problems – as well as the bigger ones, including:

- Depression, anxiety and stress;
- Substance abuse;
- Problems or conflicts at work;
- Parenting and family issues;
- Financial or legal issues.

www.livewell.optum.com

UK Tel: 0800 282 193 - 24/7 ALTERNATIVE NUMBER +44 203 701 7091 - Out of Country

Who are the Positive Mental Health Champions?

The current list of Positive Mental Health champions can be found and downloaded from Jacobs Connect: <https://jacobsconnect.jacobs.com/docs/DOC-288614> Feel free to reach out and connect with any Champion for support, it doesn't have to be your local ones.



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Who are the OneAIM Positive Mental Health Champions?



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Gary Tubman
Joiner



Lee Madrick
Safety Representative



Paul Woods
Safety Representative



Ryan Hall
Safety Representative



Carl McCulloch
Safety Representative



Colin Burns
Safety Representative



Jason Hayton
Safety Representative



Mark Casson
Safety Representative





External Resources

Should you feel that the EAP or PMHC are not for you then please visit any of the following:

www.every-life-matters.org.uk – self help guides and useful downloads

www.good-thinking.uk – online wellbeing resources

www.nhs.uk/oneyou/every-mind-matters - identifies all NHS recommended apps

Young Minds Parent Line – 0808 802 5544 – Mon-Fri -9:30-4:00 advice for parents worried about a young person

The Mix – 0808 808 4994 – Advice and support for under 25's

Silverline – 0800 470 8090 – advice and support for over 25s



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Thank you for taking time to connect. To provide feedback or ask any questions, please contact Rachel.thwaytes@Jacobs.com



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