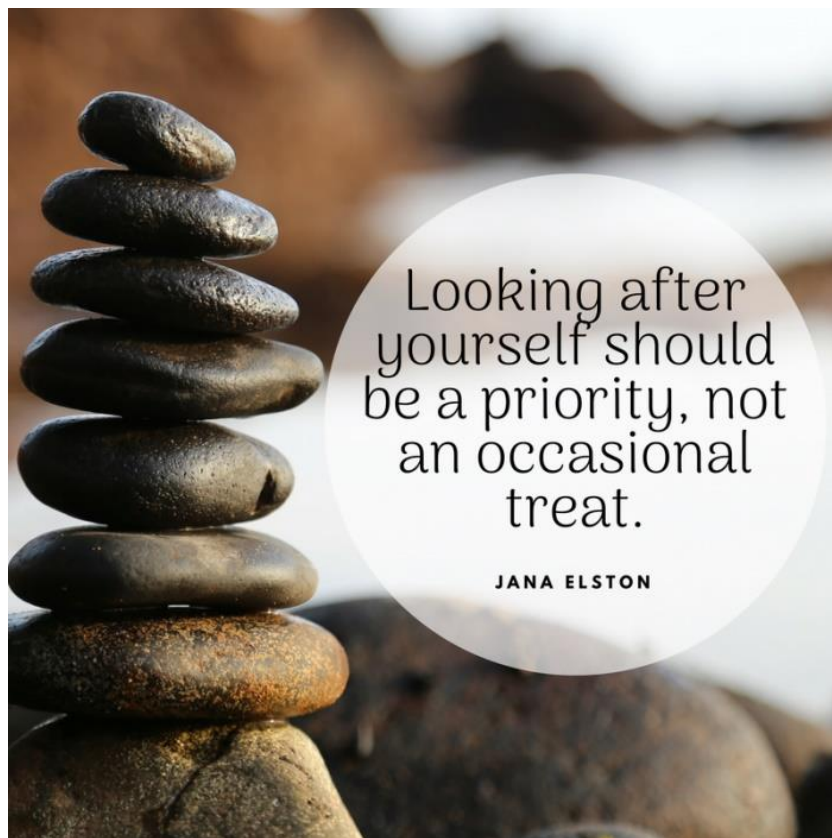


COVID-19 RESOURCE PACK OVERVIEW



COVID-19 Resource Pack Overview

This pack has been created by the Psychology department within the Shropshire Community Neuro Rehab Team (CNRT). It is divided into a number of documents, which are explained below. Each resource can be found in a separate document at <https://www.shropscommunityhealth.nhs.uk/cnrt>.

- **Resource i. Emotional First Aid Kit.** This booklet details ways in which you can support your emotional wellbeing during this time. It has a list of local services numbers and websites, which you can access for further support. It also has details of general mental health advice, helpful apps for your phone and ways to notice and manage some of the difficult thoughts you may be experiencing.
- **Resource ii. Top tips for sustaining wellbeing.** This is a simple summary document of how to look after your mental wellbeing, based on the Emotional First Aid Kit and Guys and St Thomas NHS Trust. It can be printed off and stuck on a notice board/fridge, or simply be referred to when needed.
- **Resource iii. Mindfulness Exercises.** This document contains examples of everyday mindfulness activities you can try. Using these exercises can be valuable tools to help us focus on the here and now. There is a variety to choose from and you may find that some work better than others. Some contain audio clips, to help guide your mindfulness practice.
- **Resource iiiii. Activity List.** This document consists of a helpful list of fun filled activities to complete, which has been generated by Shropshire Council. It also contains further ideas from the coping calendar to help fill your day; diary pages to help structure your day and positive Psychology cards, a useful tool to help you focus on the positive moments during this strange time.
- **Resource v. FACE COVID created by Dr Russ Harris.** This document is a set of practical steps for responding effectively to the Coronavirus, using the principles of Acceptance and Commitment Therapy (ACT). It explains that whilst it is completely natural to get lost in our worries, it can be unhelpful and not useful. Dr Harris uses this infographic to help explain how to notice our difficult thoughts, but then how to distance ourselves from them.