

Welcome all to the first EI Wellbeing newsletter.

As your Wellbeing team we wanted to set up a weekly newsletter to provide information, light amusement and social contact. We hope this will help us to keep in touch, stay healthy and look after our mental health. We'll try and provide new information each week as well as a few reminders.

## In this issue:

- **How to contribute**
- **Final Friday**
- **Quiz Time**
- **Physical and mental health Care**
- **And more...**

### FINAL FRIDAY

This Friday, 5.30pm

We perhaps won't be able to have the same levels of conversation but if you are interested, log on with your beverage of choice and say hi!

Look out for the zoom link which I'll email over.

### Remote, not distant at UCL

UCL has put together this resource with tools and information to support you and those around you learn how to adapt to working in this new way.

<https://www.ucl.ac.uk/human-resources/remote-not-distant-ucl>

## We need your contributions

To keep in touch we would want to hear from you and share what has been happening in your week. You can get in touch through this [Teams](#) link or email [a.milne@ucl.ac.uk](mailto:a.milne@ucl.ac.uk) with:

**Photos:** Please send over photos to share what you've been up to. Maybe it's a river walk, your tortoise getting up to mischief or just the cover of a good book.

**Achievement of your week:** Also share your successes, work or otherwise – did you have a paper accepted, finally finish that jigsaw or just get both children to not interrupt you for a whole hour. These can be serious or tongue in cheek.

**Failure of the week:** It can be cathartic to share failures (to paraphrase podcaster Elizabeth Day "learning how to fail helps us succeed better"). My failure this week is that I have been calling the current virus "CORVID-19", perhaps a more appropriate name for the bird flu.

**Live events:** Lots of live events are happening on Twitter, Instagram and more - send them over and we'll put them in the week's 'Live Event Diary'

**Submit your quiz team (see below):** – for an EI quiz leadership board

**Send over any good resources:** We don't want to overwhelm people so may not include them immediately but will try to incorporate them over the coming weeks.

**Quotes:** Newsletters often have quotes, we would suggest you send something like: "The best newsletter I have ever read"

## Quiz Time

Every Friday at 12.30 a new online quiz is being released on this website below, it stays online until the following Tuesday or Wednesday <https://quizquizquiz.com/friday-quiz/>

**The plan:** Get together with your team over video call and do the quiz. Email ([a.milne@ucl.ac.uk](mailto:a.milne@ucl.ac.uk)) your score by the following Wednesday, and how many people took part in that quiz and we will create a leadership board with scores adjusted for team size.

**Teams:** Email me if you would like to take part with the following details and I will help to arrange teams:

- 1) When you want to do this quiz with your team? This needs to be sometime between 12.30 on Friday and Tuesday
- 2) What's your specialist subject?

## Physical Care

### Head, shoulders...

Each week we'll share a new video for releasing that tension that I am sure we're all holding in our shoulders.

This week all but the last exercise can be done seated and it takes 10 minutes: <https://youtu.be/X3-gKPNyrTA>

### .... Knees and toes

And to get the rest of the body moving, you can try **PE with Joe Wick**: Live streamed every day at 9am then available on YouTube. Suitable for children and adults.

Or maybe a daily yoga challenge – can you make it to 30 days? **Try Yoga with Adriene's 30 day challenge**

## Mental Health

### Meditation and mindfulness

To give your mind a bit of TLC you can try the app [HeadSpace](#). It has lots of different focus options from 'Weathering the storm' to 'work and productivity'.

### **Look out for others**

Look out for others at this time, especially those living alone or in stressful environments.

**If you are struggling please do get in touch with the Wellbeing team, Sakina is trained in Mental Health First Aid and we are all able to listen as well as signpost you to specific resources.**

### **Make sure you switch off**

Quick tips:

- Take proper breaks away from your desk.
- Get into a routine: e.g. get up, get dressed and start working at a similar time each day.
- Try a pomodoro timer <https://tomato-timer.com/> (you can also get them as extensions on your browser) – It will help you concentrate, take breaks and keep track of how long you've been working.

### **Mental Health training of the week:**

If you find yourself with spare time, UCL has links to really valuable suicide prevention training (this takes ~1.5hrs, contrary to what the UCL website says) <https://www.ucl.ac.uk/human-resources/health-wellbeing/wellbeingucl/mental-health/online-training>

## Something for the kids

A book for younger kids to explain Coronavirus and reassure them that everything will be ok.

[Don't worry little bear](#)



For older children try this activity pack to help them learn how to separate the facts from the fake news. Designed for groups of children but easily adapted.

<https://askforevidence.org/articles/evidence-hunter-activity-pack>

Thanks for reading, it's my first time putting together something like this so please forgive any formatting issues!