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Subject: Wellbeing email - Spring holiday edition

Dear staff,

Congratulations! The holidays are here and all undergraduate teaching is finished from the academic year, a big well done on getting to this point 😊 See below for some suggested activities, exercises and helplines to relax for this upcoming holiday.

In this email:

- How to manage burnout/stop thinking about work in down time
- Range of physical exercises and workouts
- National theatre
- Spring activities to do
- Care First helpline – confidential, for staff
- Alternate crisis helplines

Suffering from burnout or can't stop thinking about your job?

In the rush of finishing term many of us have blurred our boundaries between our working and personal life. If you find it hard to 'switch off' from work then watch the short video below on successful ways to stop thinking about your job outside of your working hours.

<https://www.youtube.com/watch?v=fc3c3OrpKSI>

These tips really do work and the video is not even 15 minutes long so do give it a go. Now is a particularly good time to implement these strategies as we should be taking break from work in the holiday.

Fun activities and the mindfulness spiral

Attached is a picture of the mood spiral. Most people usually sit between a 6-8 day to day. Sometimes our mood will dip below 6 and if that happens we can often increase our mood back to a 6 by doing activities we enjoy. Below are some ideas for things to do over the Easter holiday.

Drawing and Creations

[LondonDrawing](#) offer different sketching and still life classes and DoThinkShare have weekly creative challenges and 31 days of activities every January. You can share your work and sign up for emails [here](#).

National Theatre at Home

The National Theatre have launched National Theatre at Home, where you can watch their whole range of theatre at any time. It's available to watch a single play or to pay £9.99 for a subscription to full access for the month.

<https://www.nationaltheatre.org.uk/ntathome>

Virtual tours and Experience Days

Gaining popularity this year, virtual tours allow you to travel places without leaving your sofa. [Flyover Zone](#) allows you to view cultural heritage sites with the option to display how they would have looked hundreds or thousands of years ago. Its compatible with phones, pcs and even VR goggles.

If you would prefer to see some places closer to home, [Visit England](#) have all the latest virtual tours listed on their website.

Amazon have recently launched Amazon Explore which are live virtual experiences with a one-on-one host who walks you around the location and answers questions.

Companies are offering all kinds of experiences, like wine tasting, festivals and bird watching. Find some of the most enjoyed ones [here](#).

Exercises

NHS set workouts

For the fitness minded - if interested - log on to NHS Fitness studio for Free classes done in your own time, place and comfort - beginners to advanced

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Stretches

Here's some easy stretches and exercises to do to break up long periods of sitting

<https://www.csp.org.uk/public-patient/keeping-active-healthy/staying-healthy-work/desk-based-exercises>

Care First – Open 24/7, 7 days a week, 365 days a year

Care first is a free, confidential service provided by UCL. As a member of staff, you don't need to ask your manager to use Care First, just call 0800 197 4510 and you can speak to a professional counsellor or information specialist in confidence. It's available 24 hours a day, 7 days a week, 365 days a year and is accessible by phone or online.

Below are some webinars available over the easter period. If any of these resonate with you, please sign up for some.

- Tuesday, 6 April, 12pm - 12.30pm: [How Care first Can Support You](#)
- Wednesday, 7 April, 12pm - 12.30pm: [Coping with Uncertainty During the Pandemic](#)
- Thursday, 8 April, 12pm - 12.30pm: [Social Media, Technology and Young People](#)
- Friday, 9 April, 12pm - 12.30pm: [Tips for Managers and Leaders during the COVID-19 Pandemic](#)

Other Helplines

If you need to talk over the holiday period for grief, eating disorders, anxiety or any other issue, these services are available to use:

[Cruse Bereavement Care](#)

The Cruse Bereavement Care helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. Call free 0808 808 1677.

<https://www.cruse.org.uk/>

Mind

For mental health support, the charity Mind has a helpline on 0300 123 3393 (local rate from landlines, mobile phone costs vary but will cost no more than a national call, and should be included in your inclusive minutes in the same way as 01 and 02 calls).

<https://www.mind.org.uk/information-support/helplines/>

The Silver Line

The Silver Line has a free, confidential helpline dedicated to helping older people, who may be feeling isolated, confused, or lonely. It is open 24 hours a day, 365 days a year. Call 0800 4 70 80 90.

<https://www.thesilverline.org.uk/>

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The Samaritans

The Samaritans have a confidential helpline that is available 24 hours a day, 365 days a year, which is free to phone. There is no typical call and they can help with problems, big and small. Call 116 123.

<https://www.samaritans.org/>

Beat

Beat offers information and advice on eating disorders and runs a supportive online community 0808 801 0677 (adult helpline)

0808 801 0711 (youthline)

0808 801 0811 (studentline)

<https://www.beateatingdisorders.org.uk/>

Campaign Against Living Miserably (CALM)

Provides listening services, information and support for anyone who needs to talk, including a web chat.

0800 58 58 58

thecalmzone.net

I hope that you will find something useful throughout this list and I will be checking my emails periodically over the Easter period in case anyone wants or needs to talk.

Have a lovely and restful break!

Warm regards,

Your Wellbeing Champion

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I am a **Health and Wellbeing Champion**.
Supporting health and wellbeing in my local area
together with [Being Well at UCL](#)

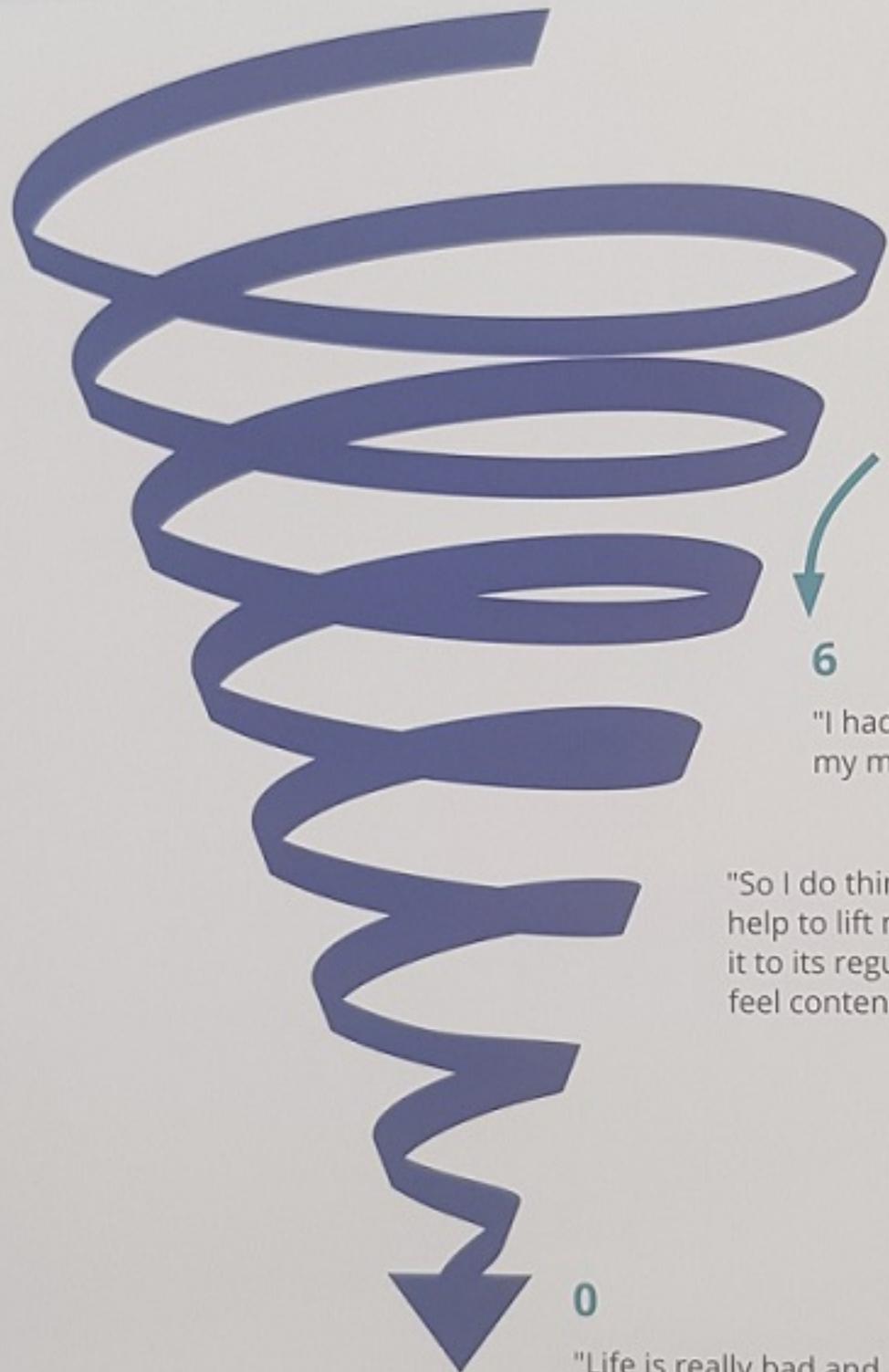


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YOUR
SAY!**

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10

"I am at my favourite music concert and my mood is really high - fantastic."

8

"Life is good and I'm happy and content."

6

"I had a really bad day and my mood dips."

"So I do things which I know will help to lift my mood and restore it to its regular 8. This works and I feel content again."

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"Life is really bad and sometimes it feels like I don't want to be alive anymore."