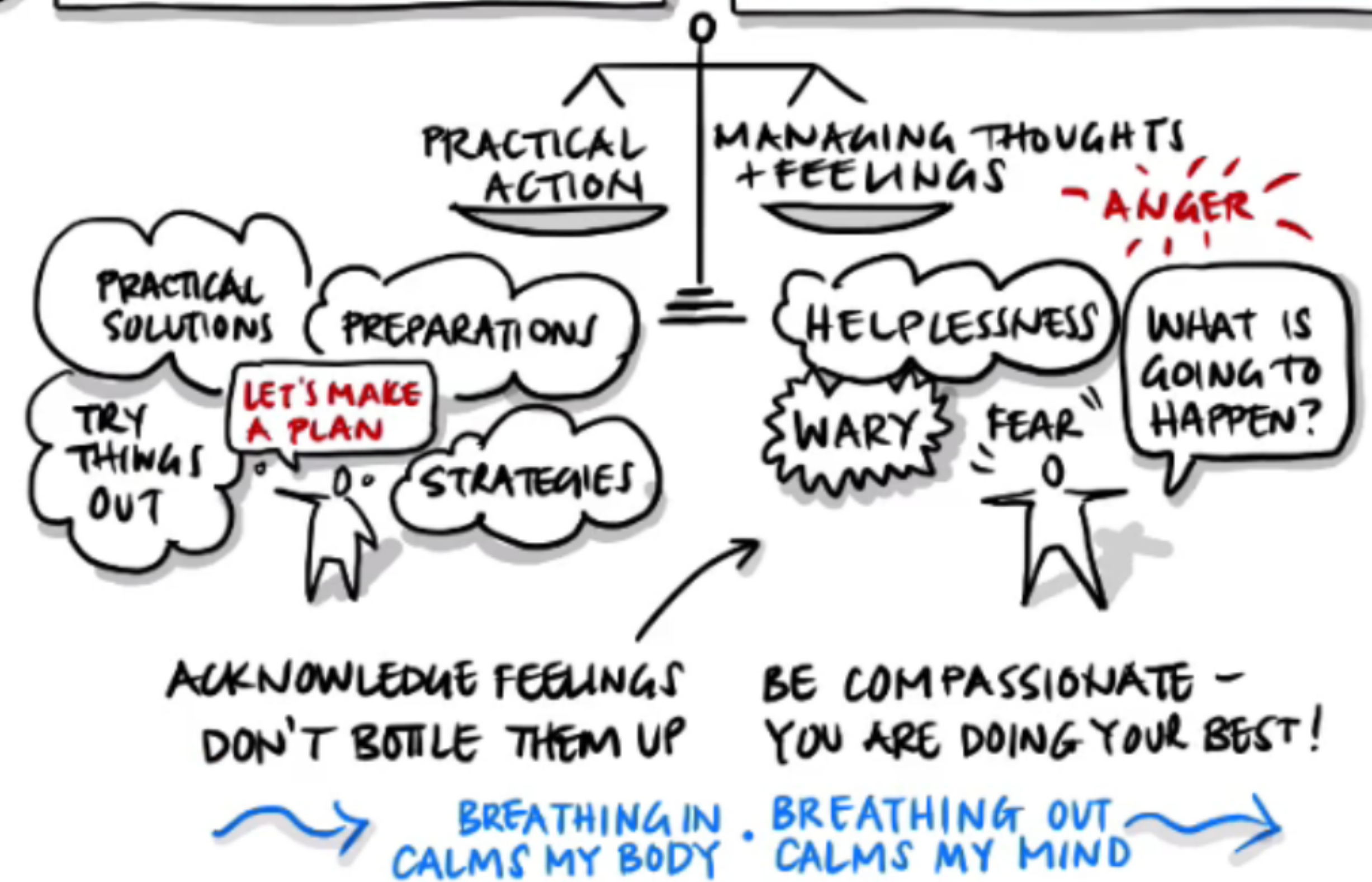


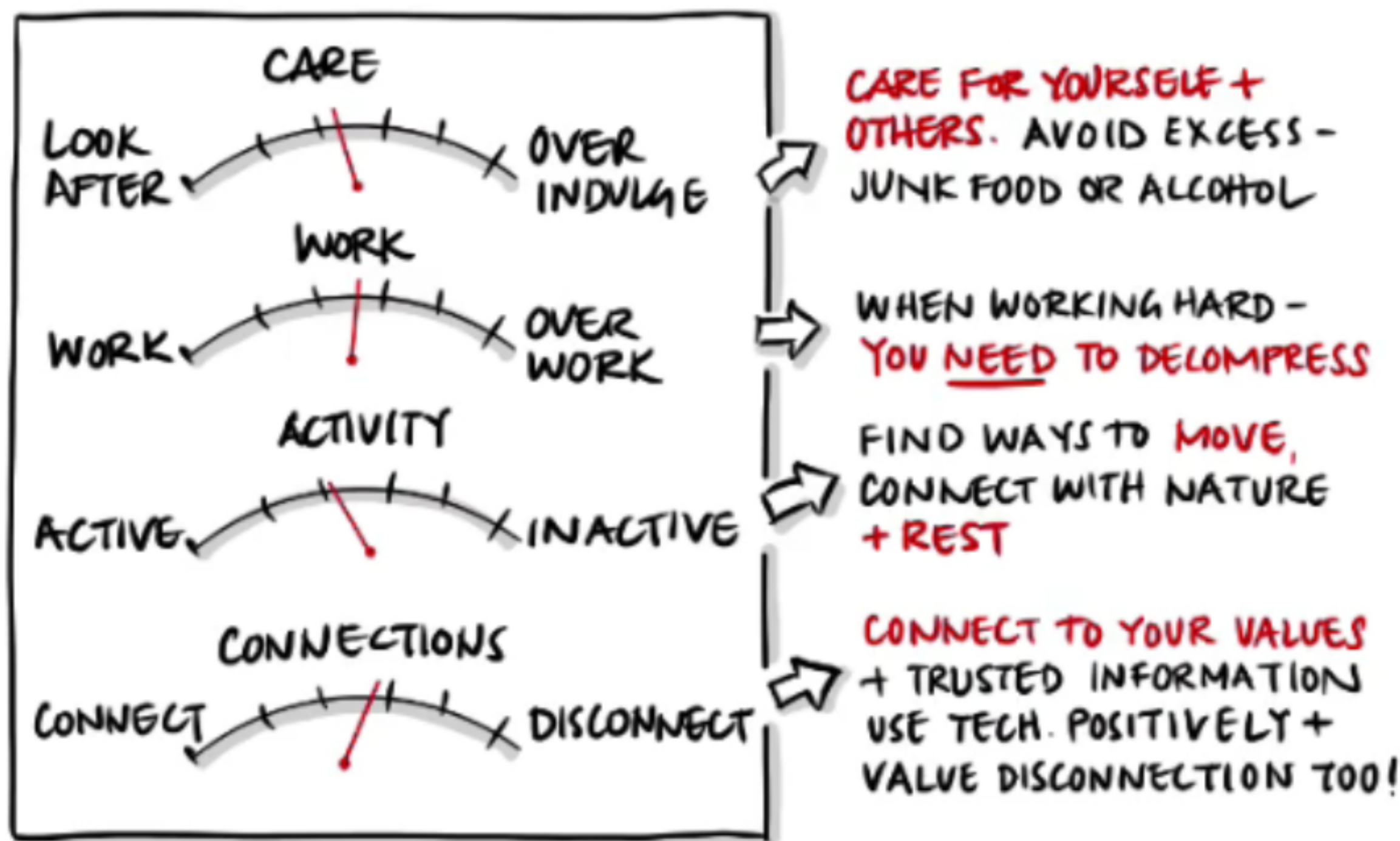
# 1 STRESS, COPING + RESILIENCE



# 2 PROBLEM FOCUSED COPING + EMOTION FOCUSED COPING



# 3 FIND YOUR WAY ALONG THESE CONTINUUMS



# 4 RESILIENCE

"THE ABILITY TO WITHSTAND AND REBOUND FROM ADVERSITY" F. Walsh



STRESS + CRISES CHALLENGE US, BUT THEY DON'T NECESSARILY DAMAGE US.

## HOW TO KEEP ON, KEEPING ON...

- BE FLEXIBLE**. ABLE TO CHANGE, REORGANISE + FIT CHALLENGES OVER TIME
- RESPECT INDIVIDUAL (+ YOUR OWN) NEEDS**, DIFFERENCES + BOUNDARIES. PAY ATTENTION
- KEEP CONNECTED**. MUTUAL SUPPORT + COLLABORATION
- KEEP IN TOUCH WITH YOUR VALUES + WHAT IS IMPORTANT TO YOU**
- DON'T FORGET THERE IS A WHOLE WORLD OUT THERE** - AND YOU ARE PART OF IT
- COMMUNICATE**. TALK TO PEOPLE
- REST**. DO SOMETHING COMPLETELY DIFFERENT
- SEEK HELP** IF YOU NEED IT



# Time and space

Mindfulness based videos for nursing staff

You are here: [Healthy workplace, healthy you](#) / [Healthy you](#) / Time and space

These mindfulness based videos have been created for nursing staff. The six videos each cover a different stage of your day, from starting your day to arriving home. Each video provides practical techniques which you can put into practice.

Watch the videos:

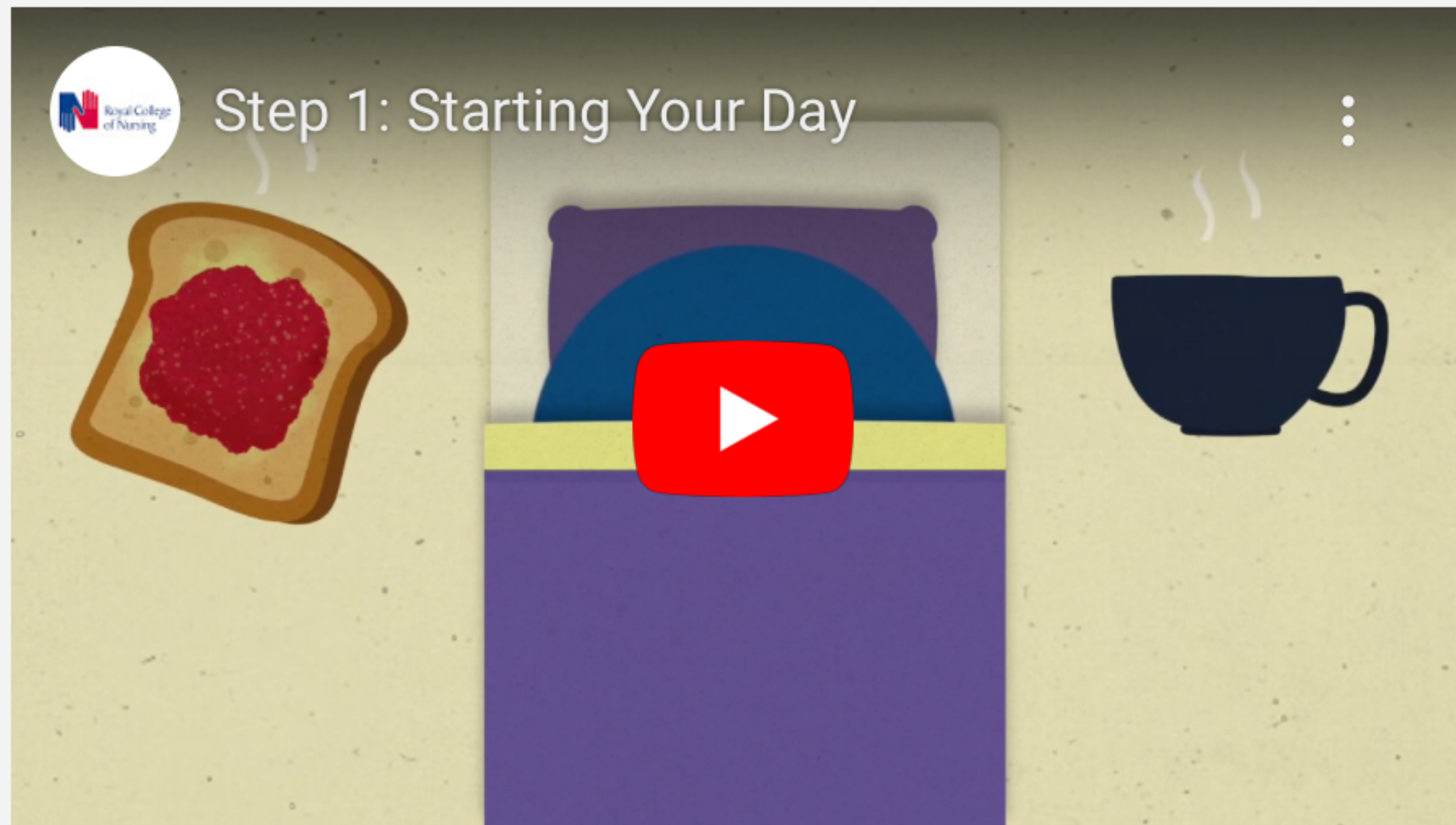
- [Step 1: Starting your day](#)
- [Step 2: The journey to work](#)
- [Step 3: Arriving at work](#)
- [Step 4: Leaving work and letting go](#)
- [Step 5: The journey home](#)
- [Step 6: Arriving home](#)

Are you a nurse in charge?

Watch the [team support and defusing video](#), which has been created for a nurse in charge or nurse manager, alongside a supporting leaflet.



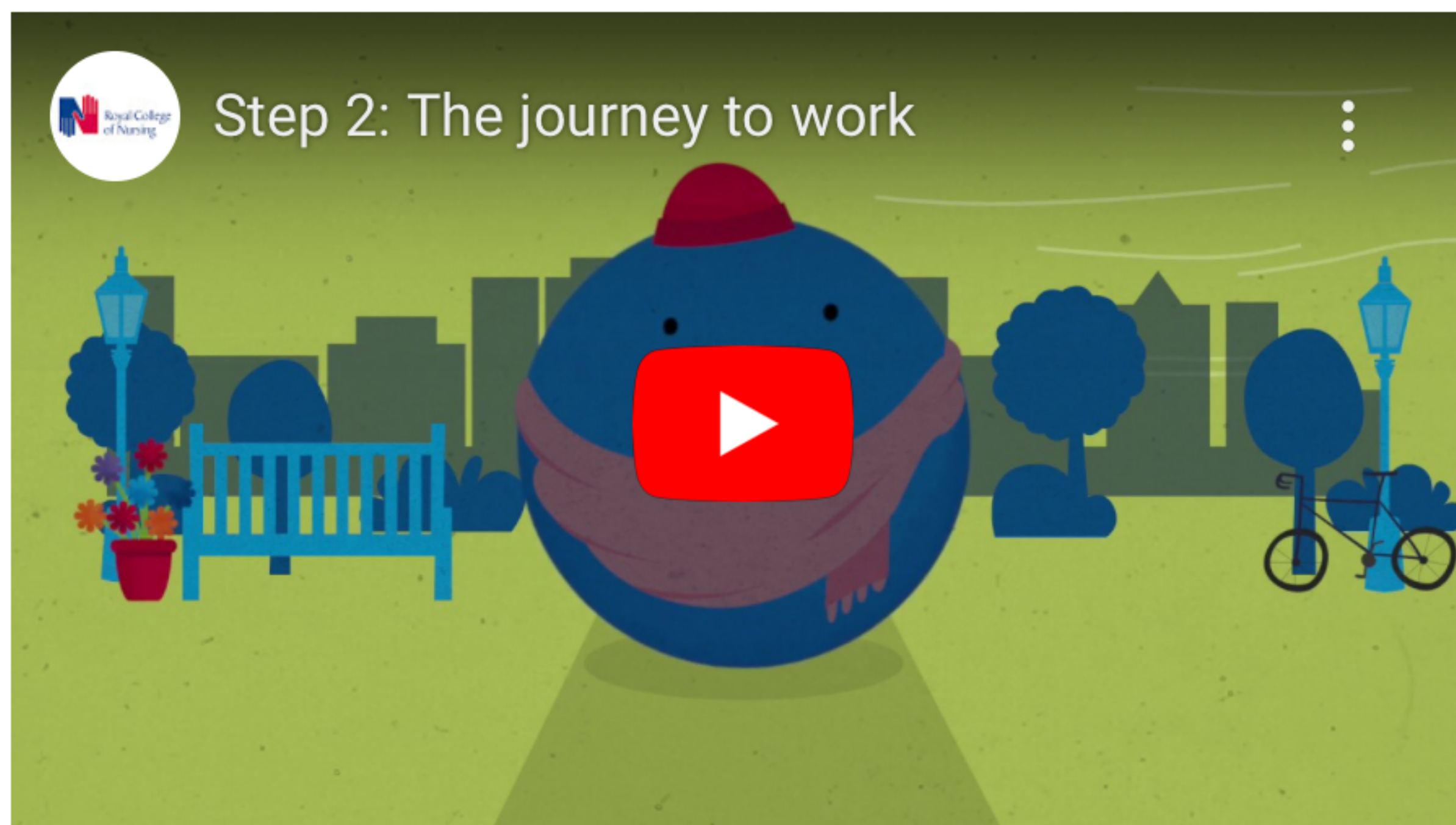




## Step 1: Starting your day

This first video will encourage you to see that the way in which you enter your waking experience can influence the day ahead.

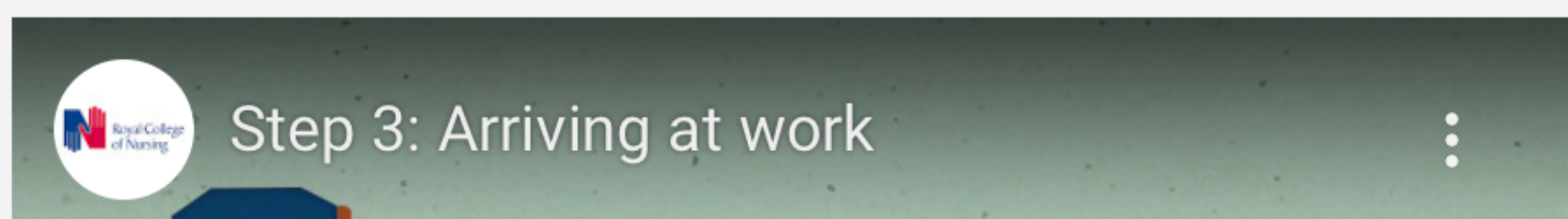
In this video we help bring attention to the moment from the minute you wake.



## Step 2: The journey to work

The second video invites you to experience your journey as a transitional space through the senses.

Connect with this time as a way of moving away and letting go of one area of your life and coming towards another.



## Step 3: Arriving at work

The third video helps you pay attention to the start of your working day, be present to your surroundings and colleagues.





The logo consists of a blue circle containing the text "RCN" in a large, white, outlined font, with the word "BULLETIN" in a smaller, white, solid font below it.

**RCN**  
**BULLETIN**

A circular button with a white background and a pink border. It contains the word "Menu" in black text above three horizontal black lines.

Menu

The background is a pink wall with a large blue circle in the center. Inside the blue circle is a simple smiley face with two dots for eyes and a curved line for a mouth. To the left of the blue circle is a red first aid kit with a white cross. To the right is a green rectangular area. The title "Mindful moments in a crisis" is written in large white text across the center.

# Mindful moments in a crisis







the british  
psychological society

the british  
psychological society



# Grieving at a social distance

Angelina Archer on bereavement during the coronavirus pandemic.



It was a day I would never forget. I passed my online viva; although it was a sign of the socially-distanced times we live in due to coronavirus (COVID-19), it was still a time to celebrate after years of hard work training to be a counselling psychologist. A few hours later, I received the news that a dear relative in New York, United States had passed away from COVID-19. Other relatives in New York were also seriously ill or had lost their lives to this



SHARE

29th April 2020

## Related articles

- > Kinship and loss
- > Good grief
- > The truth about panic

## Most read

- > Coronavirus – Psychological perspectives
- > Coping with life in isolation and confinement during the Covid-19 pandemic
- > 'It doesn't have to be this way'

## Contribute

Write for a large and diverse audience

BPS Approved  
TRAINING





# Coping with life in isolation and confinement during the Covid-19 pandemic

Nathan Smith and Emma Barrett look to extreme environments for tips.



In a bid to slow the spread of the 2019/2020 coronavirus Covid-19, an increasing number of countries have initiated 'lockdown' procedures and now strongly encourage or insist upon extreme forms of social isolation and confinement. At the time of writing, many people are in enforced quarantine for an indefinite time because they



SHARE

18th March 2020

## Related articles

- > Coronavirus – Psychological perspectives
- > Occupational wellbeing amidst a global health pandemic
- > Don't personalise, collectivise!

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- > Coronavirus – Psychological perspectives
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- > 'It doesn't have to be this way'

## Contribute

Write for a large and diverse audience

