

**HELPING  
OTHERS HAS  
ALWAYS BEEN  
MY PASSION.  
THEREFORE,  
I TURNED IT  
INTO MY  
MISSION.**

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**Rewind Your Mind**

## **CONTACT**

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## **USEFUL CONTACT NUMBERS**

- Samaritans; 0300 123 3011
- SANEline: 0300 304 7000
- NHS; 111
- A&E: 999
- Rethink: 0300 5000 927
- Sane: 0300 304 7000

# **REWIND YOUR MIND**

**CORONA VIRUS MENTAL HEALTH  
TOOLBOX TALK**

# EMPLOYEE H&S

Firstly it's important to talk about your physical health and safety.

We would like to remind you of the following:

- 1.Practice good hygiene
- 2.Wash your hands with soap more frequently
- 3.Cover your coughs (not with your hands!)
- 4.Avoid touching your face
- 5.Don't share utensils, cups, towels or anything personal.
- 6.Stay at home if you feel unwell.



Rewind Your Mind

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## CONSTRUCTION SURVEY

### HOW HAS THE CORONA VIRUS AFFECTED YOUR WORK?

Anxiety among workers:

**70%**

Shortage of materials:

**23%**

Sick workers:

**10%**

Local government  
shutdowns:

**10%**



## 10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

- 1.Talk about your feelings
- 2.Keep active (this will help you strengthen your immunity and ease your anxiety.
- 3.Don't smoke - you really need your lungs NOW more than ever.
- 4.Eat well and healthy
- 5.Drink sensibly
- 6.Stay connected with people (even co-workers)
- 7.Do something you're good at, find a hobby, keep yourself busy.
- 8.Ask for help
- 9.Practice stress relief (deep breathing, reading, meditations etc.)
- 10.Keep looking forward (make plans for the next 6 months)