



## Wellbeing advice and tips for Parish Staff

*Top tips to help you support yourself mentally and physically during this challenging time, including some suggested fitness activity apps.*

### Wellbeing ideas

- **Limit your news and social media consumption:** too much news and social media can have a negative impact on our wellbeing. Limiting the amount of time we engage with online content can have a significant impact on our mood.
- **Focus on what you can control:** Why not try some mindfulness practice? Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) – without judging anything. It can have a significant positive impact on your ability to decompress when you get home from work. You can find out more about mindfulness on Mind Jersey's website (<https://www.mindjersey.org/get-support/information/mindfulness>).
- **Finding the balance in coping:** recognise the importance of coping with both our emotions and the situation at hand. Managing thoughts and feelings through talking with others and sharing emotions is very helpful for our coping response. It is also important to identify practical solutions and strategies. Finding this balance helps us to not feel stuck in our emotional response and increases our optimism that we have some control over how we respond and the action we take.
- **Flexibility in uncertainty:** to support our wellbeing, we must try as much as possible to let go of how we have always done things, be flexible and adapt to the response or action that is needed now. Flexibility in times of uncertainty builds resilience, and we become more confident in our ability to reorganise and react to new challenges.
- **Prioritise teamwork and connection:** staying connected is important. With everyone working under a range of pressures, we need to ensure that we are all supporting one another. Positive team collaboration and communication can increase both personal and group wellbeing.
- **Your wellbeing matters:** many of our colleagues are working tirelessly to continue providing essential services to the Island. Decompressing and prioritising your wellbeing after a challenging day or week could involve taking a short walk in nature, which has profound benefits for our psychological wellness; catching up with friends (virtually) to stay socially connected; spending quality time with loved ones at home; eating nutritious meals and, most importantly, taking time to rest.

## Fitness apps

Listed below are some suggestions for online fitness support that you might like to try:

- **PE with Joe Wickes:** Joe Wicks, AKA the Body Coach, is doing free workout videos from Monday to Friday from 9.00am to 9.30am. You can watch these live on Facebook or view the recorded sessions on his dedicated YouTube channel
- **Endomondo:** an app that tracks activity - not just running and cycling, but a wide variety of different sports. As well as tracking your workouts, it provides audio feedback along the way and offers guidance on how to reach your goal. Additional features also include the ability to connect with friends and create a social network. It is free to download and use. Premium is £4.49 per month and they are currently offering a free 30-day trial. Website: [www.endomondo.com](http://www.endomondo.com)
- **Strava:** an activity sharing app that allows users to share and track their activities (mainly cycles or runs), connect with other users and comment on others' efforts. Strava can be used to track routes on a map, speed, distance, power output and heart rate using GPS data either through the app or via a third-party GPS bike computer. Users can also sign up for motivational challenges where 'badges' are awarded when challenges are completed. It is free to download and use. Premium is £47.99 a year and they are currently offering a free month's trial. Website: <https://www.strava.com>
- **SworKit Lite Personal Trainer:** an exercise app that allows users to create their own workouts and routines from many environments. Users can sign up to access workout plans for any level, from beginner to advanced, and can focus on different types of exercise, such as strength, cardio, yoga or stretching. Onscreen animations guide you through every step of the workout, which you can set to last from five minutes to an hour. It then has the option to create your own custom workouts. It's free to download and use (the majority of the features in this app are free) but you can upgrade to premium for £8.99 a month. Website: <https://sworKit.com/>
- **Runkeeper:** an app that allows users to log their running pace and distance on various routes. By using your phone's GPS transceiver, Runkeeper helps track activity whether that is a run, walk or hike. The app enables users to set goals, follow personalised routines, track progress and take part in challenges to earn rewards. The app includes music integration, which allows users to listen to music and skip tracks without leaving the app. It is free to download and use. Premium upgrade is £7.99 per month. Website: <https://runkeeper.com>
- **Pocket Yoga:** an app that enables users to practice yoga at their own pace and in the comfort of their own home. Pocket Yoga provides different practices, difficulty level and durations. The app also provides a comprehensive pose dictionary, has guided full yoga sessions and does not need network connectivity, so it can be used anytime and anywhere. It costs £2.99. Website: <http://www.pocketyoga.com/Apps/PocketYoga>