

Appendix 11

In touch virtual presentation for staff

Issue 1: Working from Home

Issue 2: Mental Resilience

Issue 3: Managing Anxiety

Issue 4: Stress

Issue 5: Practical Things to Do

Issue 6: Mindfulness

Issue 7: Sleep and your Mental Health

Issue 8: What are HR and Payroll doing for you?

Issue 9: Dealing with Change

Issue 10: Staying Alert

Issue 11: Talking to Children about COVID-19

Issue 12: Anxiety Post Lockdown

Issue 13: Domestic Abuse

Issue 14: Explaining the current situation to those with limited cognitive capacity

Issue 15: Volunteering to help others

Issue 16: Promoting Growth and Recovery