

Wellbeing Wednesday – Supporting yourself and as well as supporting others

For this week's **Wellbeing Wednesday**, we're signposting you to sources of support for yourself, and for those you're supporting, including your children and other family members, parents and other older relatives. We know we're bound to have missed out some sources of support that you use so please let us know if this is the case!

Our [How are you doing?](#) campaign provides a range of information and support, including looking after yourself for yourself as a [parent/carer of children and young people](#) and specifically for [children/young people](#) during the pandemic. Some great resources are also available at [gov.uk](#) and at [Anxiety UK](#) on supporting young people's mental health during COVID-19.

Specific information exists for **Neurodiversity**, and we've highlighted a few sources below:

- Cardiff and Vale UHB have developed specific information which aims to [support parents of children with an ASD or LD](#) during the pandemic
- Information for Autism Spectrum Disorders (ASD) from ASD Wales can be accessed [here](#)
- [Ambitious about Autism](#) also provide information to support you during the pandemic, as do the [National Autistic Society](#)
- There's also a [finder](#) if you'd like help finding a support group for autism/neurodiversity

Many of us are unable to see our **parents and older relatives** in person, so check out the How are you doing? pages on [Staying Connected](#) and helping others, which has a range of great information aimed at you and them.

Our EAP provider, Care first, are providing a range of resources during this time, so check out their attached article on **Looking after our Relationships**; I'm also recirculating the **Staff Resources – Quick Links and Guide**, to help you navigate the array of support which is available.

We've had a great response from throughout the organisation on how you're staying connected with your colleagues and your families – here's a few things people have shared:

- **Emma Girvan** from the Public Health Team at Preswylfa has shared how her team are already well underway with Wellbeing Wednesdays – her attached email on the theme of **Gratitude** is well worth a read...
- **Lucy Day** from P&OD has developed her own **routine to support her wellbeing**, which is really practical:
 - Establishing a routine
 - Getting dressed and putting make up on
 - Walk at lunchtime, and I ring friends while I'm out for my walk to have a chat
 - Workout after I've logged off the day
 - Planning what I'm doing each day as I would do normally
 - Catching up with my team everyday

- Having a laugh as much as possible
- Regular breaks from laptop – I sit in the dining room so I have to leave the room to get a drink, lunch etc.
- Differentiating between work and home

Lastly, please don't forget about our [We Care – Carer's Network](#) and all our other staff networks which are there to support us...

*** We're keen to highlight topics that are having an impact on your wellbeing so please let me know if there are topics you'd like to see us feature in the coming weeks***