The spread of COVID-19 is likely to cause high levels of stress and anxiety among doctors and medical students. It’s important to look after each other, as well as your patients.

Here are **10 tips** to help maintain and support the wellbeing of your colleagues and yourself.

1. **Check in with each other** – let someone know if you are struggling and look out for signs that colleagues might be in need of help.
2. **Senior staff** – stay visible and available, provide good quality and accurate updates and demonstrate that it’s ok to not be ok.
3. **Rotate staff** between high and low stress activities.
4. **Pair up less experienced staff with more experienced colleagues**.
5. **Facilitate access to food and drink and encourage taking a break** – use the opportunity to get some rest, fresh air, or perhaps practise some breathing exercises.
6. **Encourage colleagues to connect with support networks** – eg friends and family.
7. **Call on tried and tested healthy coping strategies** – eg physical exercise.
8. **Ensure colleagues are aware of where they can access support** – our confidential Wellbeing support services are available 24/7 to all doctors and medical students.
9. **Be kind to yourself and your colleagues** – feeling stressed or anxious is ok and normal, particularly in these circumstances.
10. **Encourage colleagues to connect with support networks** – eg friends and family.

Above all, don’t be afraid to recognise when you need help and to reach out for it.

**Wellbeing support services**

COUNSELLING | PEER SUPPORT

0330 123 1245

There is always someone you can talk to...

0330 123 1245 | bma.org.uk/yourwellbeing