



Clear Your Head Campaign: Phase 2 Factsheet

Following the Coronavirus outbreak and lockdown period, new research suggests that just over half (52%) of people in Scotland feel worried about going out again, with 56% worried about being able to stay the required two meters apart from other people when they're outside. 84% are worried about a second spike in infections when lockdown restrictions are lifted.

There are some simple steps which people can take to help them feel calmer:

- **Breathing exercises** – if you're feeling overwhelmed take a number of slow deep breaths, and focus on something static
- **Stay healthy** – keep a good routine with healthy meals and get plenty of sleep. Limiting alcohol and caffeine can also help reduce stress and anxiety
- **Talk to others** – connect with friends, family and neighbours to share how you're feeling
- **Be kind** – acts of kindness are known to have positive effects on our mental well-being
- **Look out for each other** – even though we're staying apart, smiling and saying hello when out of your home could give you, and people around you, a lift

Along with a range of tips on how to stay positive, the campaign website www.clearyourhead.scot signposts to sources of help and advice.

Further resources

There are a number of resources which you may find useful if you need to support someone who is showing signs of distress or crisis:

- **Clear Your Head Resource Pack** which contains a list of self-management resources and websites, links to the NES "Ask, Tell..." animations and a 3 step guide on what to do if a conversation escalates and you are concerned for an individual. The resource pack can be downloaded from the Health Promotion Access Catalogue (HPAC) <http://hpac.fife.scot.nhs.uk>
- **Keeping Connected** directory leaflet which provides a list of services offering help and support on a range of issues. The leaflet can be downloaded from the Health Promotion Access Catalogue (HPAC) <http://hpac.fife.scot.nhs.uk>
- **Learning Byte Resources** available from NES and aimed at staff or volunteers who, in the context of their work, may play a role in supporting people's health and wellbeing or who are likely to have direct or substantial contact with people who may be at risk of mental ill health, distress, crisis or suicide. The learning bytes cover the following topics:
 - COVID-19 and Responding to People in Mental Distress and Crisis
 - COVID-19 - Suicide Prevention
 - Mental Health and Suicide - Older Adults and COVID-19

These learning bytes can be accessed via the NES website (please note you *do not* need a Turas account to access these resources): <https://learn.nes.nhs.scot/30500/coronavirus-covid-19/practice-in-the-community-setting/mental-health-dementia-and-learning-disabilities>