



Defence People Health and Wellbeing Guide: COVID-19



Introduction

The Coronavirus (COVID-19) presents a significant challenge to us as individuals and as an organisation and it will undoubtedly have a lasting impact on our lives. You may be anxious about the safety of your loved ones and your own safety, but you may also have concerns about self-isolation, working from home or alternatively working away from your home and your family to support the UK Government through Military Aid to Civil Authorities (MACA) Activities.

There has been an overwhelming amount of health and wellbeing guidance from the Government

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Help other people who need it

There is evidence to suggest that helping others, through small acts is linked to positive personal wellbeing, activities such as assisting those who are in the vulnerable category or having to self-isolate, or by undertaking community work.

Of course, be mindful around maintaining your personal health whilst doing so.

The [WHO Mental Health and Psychosocial Considerations during COVID-19 Outbreak guidance](#) sets out some useful information on how to protect yourself and be supportive of others, including caring for children and older adults. The [FAQs](#) explain volunteering policies for civilians and military colleagues.

Mental Health and Wellbeing Tools

HeadFIT

[HeadFIT](#)

user in developing a proactive approach to mental fitness. It is made up of a series of tools or activities that can be easily incorporated into a -to-day routine with the aim of establishing

Me

Healthy Living

As a result of Coronavirus all Defence personnel will be trying to adapt to the new ways of working be it from home or away from home, each poses a unique set of challenges.

Also be aware that behavioural indicators such as drinking more alcohol or smoking more than is usual or having difficulty sleeping, may all be signs that you are becoming less mentally able to cope, so make sure you seek support.

Smoking

Alcohol

All Defence people are encouraged to drink sensibly as part of a healthy lifestyle: even a small reduction in alcohol consumption can significantly benefit your overarching health and wellbeing. The

Working from Home

You may be used to remote working or this may be new. Either way it is important to take some steps to set your day and

Financial Wellbeing

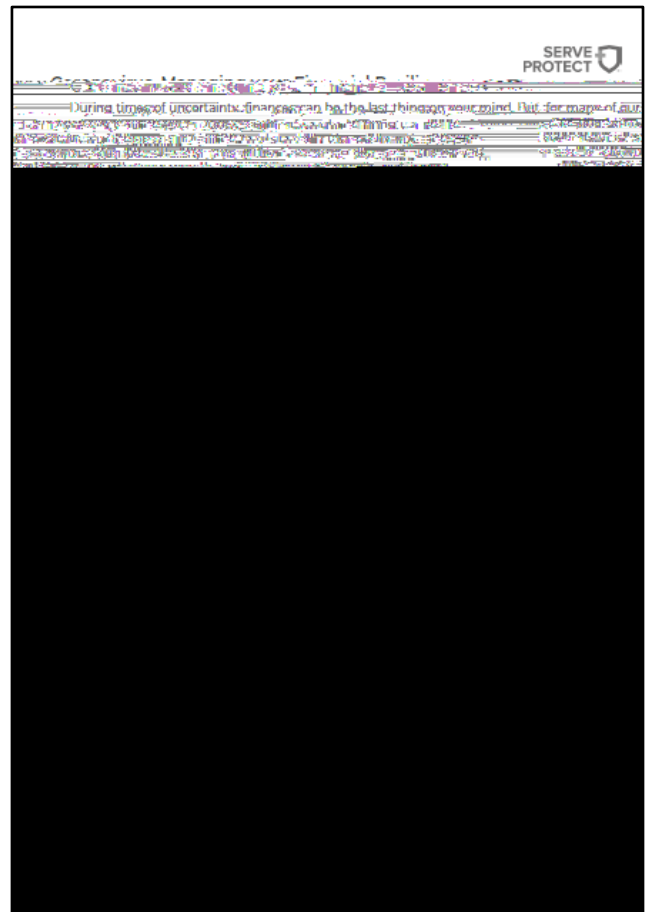
For detailed COVID-19 related advice on pay, allowances and expenses please refer to the [Coronavirus FAQs](#) [defnet](#).

Armed Forces personnel that require financial support should discuss this with their Chain of Command in the first instance, alternatively Unit Welfare Officers will be able to provide advice and signposting to Defence affiliated partners.

Joining Forces CU represents the coming together of three MoD affiliated credit unions to provide bespoke saving schemes and affordable loans to the Armed Forces and its Veterans. It also supports Armed financial management by making repayments straight from their pay. More information and links to the Credit Unions can be found at [Joining Forces CU](#).

Serve and protect have also issued some Coronavirus _____ to help people manage their finance during this difficult period. You can also access a range of more general tools and calculators from the [here](#).

Civilians can access practical financial support from The [Charity for Civil Servants](#)



facts and be honest, try to avoid over-exposure to coverage of the virus.

- ◀ **Provide an outlet to discuss emotions.** Journaling is a good way for adolescents to process their feelings in this uncertain time. You can also set aside a

time to talk as a family about how everyone is feeling and coping with the outbreak



