

RESOURCES FOR SWSS STAFF

GUIDANCE FROM THE UNIVERSITY

- The [general university advice for staff working from home](#) includes sections on: setting up a home office, looking after dependants, tips for virtual meetings, tips for staying connected, tips for using Microsoft Teams, and a host of other topics.
- IT Services has created several tools to help staff stay productive while working from home. They have now collated the most popular resources [in one place](#) for ease. Tools include the main [Work remotely page](#), 'quick start' guides on the ['IT tools and guides for home working'](#) page, and 'how to' videos and courses on the ['how to work remotely'](#) page, including how to use Teams, OneDrive, and working productively.
- Zoom guidelines. Whilst Microsoft Teams remains the approved service for video conferencing by the University, [guidance is now available](#) for all staff on the use of the video conferencing service Zoom, which can be used so as data privacy risks are effectively managed as per the guidance.
- The [Working from home guidance](#) now contains information for all staff regarding a free 24 hour telephone counselling service, provided by the University's insurers. In addition, University HR has recently updated the [HR FAQs for departments](#) with guidance for managers regarding remote recruitment and new starters.

IF YOU HAVE CHILDREN

- This 7 minute video may help you to [talk to children about the coronavirus](#).
- [This resource](#) from 'They Are the Future' may help you support your children and teenagers

RESOURCES FOR MENTAL HEALTH PROFESSIONALS

- BPS have some [documents](#) on their website
- David Murphy BPS President has put together a rough first draft on [how psychology and psychologists might help](#).
- Psychology Tools and has put together a list of [useful resources](#)
- Intensive Care Society Wellbeing [Resource library](#) by Consultant Clinical Psychology Dr Julie Highfield
- Interagency and Standing Committee [resources](#) for addressing mental health and psychosocial aspects of Covid -19 outbreak
- WHO Psychological [First Aid](#)
- Centre for the Study of Traumatic stress [fact sheets and other resources](#)
- Campaign on civility and kindness and how these can [save lives](#) (evidenced based)

RESOURCES FOR STUDENTS

OFFICIAL SOURCES OF INFORMATION (UNIVERSITY AND GOVERNMENT)

- <http://www.ox.ac.uk/students/coronavirus-advice> (updated university guidance for students)
- Official Corona Virus information from the Department of Health and Social Care and Public Health England can be found [here](#)
- World Health Organisation offers an international perspective [here](#)

GENERAL ADVICE/PERSPECTIVES ON COPING WITH CURRENT CHALLENGES

- [Advice from the mental health charity 'Mind'](#) on coping with challenges of COVID 19.
- Dr Russ Harris, physician and psychotherapist: [How to respond effectively to the coronavirus](#) using the principles of Acceptance and Commitment Therapy. (If you like this, there are lot of other materials from Russ Harris on the web)
- Alistair Campbell [20 tips for guarding against depression and anxiety](#) in the era of self-isolation.
- [Advice from psychologist Guy Winch](#) on responding psychologically to Covid-19.
- Dr. Matthew Whalley and Dr. Hardeep Kaur offer a [Guide to living with work and anxiety amidst Global Uncertainty](#) (includes a menu of 127 ways to stay occupied)
- American psychiatrist [Dr. Jud Brewer's podcast series](#) which offers constructive input about responding to COVID-19-related challenges
- [Article by Scott Berinato](#) in the Harvard Business Review: "That Discomfort You're Feeling is Grief"
- [4 tips for healthy screen use](#) when working from home (from the website: <https://www.itstimetologoff.com>)

RESOURCES FOR SELF-CARE

MEDITATION

- [Smiling Mind](#) - free mindfulness meditation app to help you look after your mental health and manage stress and daily challenges.
- [Headspace](#) - free "Weathering the Storm" program available to help support the global community through this time including a curated list of calming meditations, help with sleep, and at-home workouts or movement exercises.
- Oxford mindfulness centre offering [free resources](#) including meditation sessions and podcasts

- You can also use a very simple meditation like [‘Feet, Seat or Hands’](#)
- Breathworks [free meditation course](#) Mindful Self Care in Troubling Times
- The Calm meditation app, normally £10/month, is now offering free content including soothing meditations, a calm masterclass and mindfulness resources specifically to help those struggling with anxiety and stress at this time. See [Calm's free content here](#).
- Tara Brach offers [meditations and other resources](#) to help with a range of emotional challenges associated with COVID-19

YOGA

- Down Dog is [making all its apps](#) - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - free until 1 May.
- Cole Chance has a [YouTube channel](#) featuring an extensive collection of free yoga videos and other yoga resources
- The Yoga with Adriene [YouTube channel](#) has an extensive collection of free yoga videos and other yoga resources
- The Cat Meffan [YouTube channel](#) has an extensive collection of free yoga videos and other yoga resources

BREATHING PRACTICES

- You might enjoy breathing along with an app like [BreathingZone](#) (not free, but very inexpensive). It helps you to slow your breathing rate gradually over a specified time interval of, say, 5 minutes.

EXERCISE/FITNESS

- Use NHS [couch to 5k](#) to help you establish a practice of running
- ‘The Body Coach’ Joe Wicks is offering 30-minute live P.E. classes weekday mornings at 9am on his [Youtube channel](#), the Body Coach TV. You will also find a collection of 250+ fitness classes.
- Peloton is offering an extended [90-day free trial to its app](#) during the coronavirus outbreak. The app doesn't require any Peloton equipment and it normally costs \$12.99 a month. You can use it to access thousands of high-quality pre-recorded and live-streamed workouts: a mix of running, strength, toning, cycling, yoga, meditation and outdoor workouts.
- Carrot Fit is a [fitness app](#) for IOS devices featuring a collection of seven-minute workouts described as punishing’ and ‘hilarious’, complete with plenty of snark sound bites. Normally \$3.99, Carrot Fit is now a free download available to all until early April.

TAPPING

- Tapping gently on a series of acupressure points can be remarkably calming . This procedure, branded as a self-help therapy for post-traumatic symptoms under the name 'Emotional Freedom Therapy (EFT)' is often simply called 'tapping'. It is very easy to learn using a free app called ['The Tapping Solution'](#).

TO SUPPORT YOUR ACADEMIC WORK

- Dark Noise offers different ambient noises such as rain, white noise, and coffee shop sounds. If you like working in coffee shops, Dark Noise could help you create this atmosphere while stuck at home. The app is available on the [iOS App Store for \\$3.99](#), but developer [Charlie Chapman](#) opened a TestFlight beta to everyone during the coronavirus pandemic with everything unlocked.

PROJECTS AND ACTIVITIES

- MAC users, get free e-books by going into 'Books', choosing 'Bookstore' and then 'Free books'
- Open Culture offers 1,000 [free audiobooks](#) and 800 [free ebooks](#).
- Audible is streaming a [huge collection of stories for free](#), for as long as schools are closed. You can also access the whole collection of audiobooks for adults via their [30 days free subscription](#).
- Get free online guitar lessons for three months from Fender. Normally £10 per month, Fender's online guitar courses free for three months, but you'll need to go [here](#) to get a code first. Then, you can choose courses across a range of guitar styles, such as acoustic or bass.
- Learn a language with [DuoLingo](#), [Rosetta](#), or [Babbel](#). Open Culture also offers free language lessons.
- Find a self-paced on-line course on one of these four platforms: [FutureLearn](#), [edX](#), [Coursera](#) or [Udacity](#)
- Many arts organisations are now live-streaming and making their performance archives available on-line, including: The Metropolitan Opera, Berlin Philharmonic, Royal Opera House, Bavarian State Opera, Lincoln Center, Bolshoi Ballet, Sidney Opera House, Academic of Ancient Music and many others. Find a comprehensive list and links on the [Classic FM website](#).
- Browse more than [2 million works of art](#) at world-class museums including the Tate, the National Gallery, MoMA, the Met, The Guggenheim, The British Museum, Paris Art Museums, Art Institute of Chicago, and many others.

NATURE MOMENTS

- Immerse yourself in a Nordic landscape and see the [Northern Lights](#).

MENTAL HEALTH RESOURCES

- The British Association for Counselling and Psychotherapy has a [series of articles](#) offering advice on issues ranging from maintaining family relationships in difficult circumstances, managing anxiety, self-care, maintaining mental wellbeing while self-isolating, and other topics.
- Anxiety UK have a [dedicated website](#) for #coronxiety . Also they have been conducting webinars and youtube support groups for people anxious about coronavirus, may be a helpful resource for some.