

## #WhyWeDoResearch: “How are you?”

*The third #WhyWeDoResearch tweetchat, held on Tuesday 7<sup>th</sup> April 2020, focused on mental health. We wanted to ask how the #WhyWeDoResearch community was doing during COVID-19. We have provided a brief summary of the #WhyWeDoResearch tweetchat below and the transcript is available: [click here](#).*

### **Health & Wellbeing**

Many people spoke of the mental health difficulties they faced. Examples included: worrying about loved ones; being a carer (being able to access special diets and resources); feeling guilty working from home; feeling guilty about family when working at the bedside; would they be able to access any treatments that are approved to prevent COVID-19 due to their health conditions. With the change in working patterns many people said they were now working more hours than they did before COVID-19. For a lot of people, it was the unknowns, how long COVID-19 will last and the impact COVID-19 will have on everything, that caused a lot of anxiety.

People spoke about events that they had been looking forward to, or trained for, and hobbies that they were missing. Online courses, reading and baking appeared to be the most popular activities people reported doing (and some recipes were shared and have been included here too!).

### **Tips**

- Do not expect too much of yourself. It's easy to believe we should be super productive during lockdown but there are many pulls on both our time and mental and physical health.
- Not reading the news about two hours before bed
- Pen and paper by the bed to write down any nagging thoughts when trying to sleep or that wake you up
- Talk to friends and family about the issues worrying you; try and have some light hearted conversations but real and deep conversations matter too

- Humour in the day is the best medicine! Lightens the mood for a moment
- Play Pokemon go - it's a fun way to keep active and track your activity
- Virtual team huddle for peer support (ensure members know that it is ok if they cant attend)

### **Mental Health Resources**

Health Service Executive: <https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

Your Mental Health: <https://www2.hse.ie/mental-health/>

St Patrick's Mental Health Services: <https://stpatricks.ie/media-centre/blogs-articles/2020/march/coronavirus-anxiety>

National Health Service: <https://nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Public Health England: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Headspace: <https://headspace.com/covid-19>

Centres for Disease Control and Prevention: <https://cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Paul McGee (Motivational speaker): <https://thesumoguy.wordpress.com/2020/04/07/how-to-cope-in-a-crisis-or-heres-what-to-do-when-the-unexpected-happens/>

### **Bereavement Resource**

The Irish Hospice Foundation: <https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/>

## Recipes & Singing!

- Simple Magic Bars: <http://nami-nami.blogspot.com/2013/03/sue-lawrences-anta-bars-or-scottish.html?m=1>
- Cherry Ripe Bars: <https://www.theguardian.com/lifeandstyle/2011/jun/18/cherry-ripe-bars-recipe-lepard>
- Gareth Malone's initiative, 'Great British Home Chorus', aims to bring together both amateur and professional performers around the country in the evening. To join: <https://decca.com/greatbritishhomechorus/>

## Thank you

We want to say a big 'Thank You' to everyone that joined. The aim of #WhyWeDoResearch is to raise research awareness and opportunities for patients, public & staff. To provide everyone involved, no matter what their role, in research with a voice.

During COVID-19 we want to ensure that everyone feels supported. Please let us know what topics you would like us to host or if you would like to host/co-host a #WhyWeDoResearch tweetchat.