**Appendix 2. Resources for Support and Maintaining Resilience**

There is an abundance of self-help tools, advice and information on the internet.

Your own institution will have resources to support you.

Good teamwork, supervision and peer support have been shown to be key to maintaining morale and resilience, as well as sustaining self-care strategies in daily life.

These include adequate sleep, exercise, healthy food, and keeping connected with family and friends. Practise calming strategies that work for you (e.g. mindfulness, slow breathing). Take breaks when needed and don’t hold back from seeking support when you feel you are having difficulties coping – this is normal.

A key element for coping with adversity and thriving, not just surviving, is self-compassion - being kind to yourself as well as to others. Further information on self-compassion is on this website <https://self-compassion.org/> More information and advice re compassion wellbeing <https://www.compassionatewellbeing.com/compassion-safe-relating-and-world-change.html>

Free resilience toolkit: <https://beyond-coaching.co.uk/free-resilience-toolkit/>

Managing anxiety about loss: <https://www.kingsfund.org.uk/publications/managing-anxiety-about-loss-covid-19>

Free psychological support for NHS staff: <https://therelationalschool.com/we-see-you-we-hear-you-nhs-staff/>

Academy of Royal Colleges COVID-19 Mental health & wellbeing for healthcare professionals resources: <https://www.aomrc.org.uk/covid-19-mentalwellbeing/#1465857781244-0a5bb4ed-a2d0>

Doctors support network: <https://www.dsn.org.uk/>

BMA Free, confidential 24/7 counselling and peer support for doctors and medical students (whether BMA member or not): <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students>

Practitioner Health Covid-19 NHS workforce wellbeing <https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing>

Get self-help free resources tailored for the pandemic <https://www.getselfhelp.co.uk/pandemic.htm>

Support the workers <https://www.supporttheworkers.org/> Support the workers is an international group of experts in disaster response, crisis psychology, high pressure decision-making and human performance and health under conditions of extreme stress.

Their resources include information about moral injury.

Mindfulness & coping strategies <https://www.mindfulnessclinic.ie/wp-content/uploads/2020/04/RESOURCE-CV19.pdf>

Intensive care wellbeing resources <https://bit.ly/2M0p8W0>

Schwartz Center for compassionate healthcare <https://www.theschwartzcenter.org/covid-19> Excellent resources, including webinars.

King’s Fund <https://www.kingsfund.org.uk/projects/leading-through-covid-19>

#Caring4NHSPeople wellbeing webinars <http://horizonsnhs.com/caring4nhspeople/>

Nuffield Health Guidance <https://www.nuffieldhealth.com/article/covid-19-guidance-for-frontline-workers#selfcare-tips-during-covid19>

Helpful blog in BMJ <https://blogs.bmj.com/bmj/2020/03/16/self-care-during-the-covid-19-pandemic/>