**From:** Scot.Hall@gov.scot [mailto:Scot.Hall@gov.scot]
**Sent:** 15 December 2021 11:52
**Subject:** National Wellbeing Hub

Dear Colleagues

We issued the following tweet about new content on Anxiety yesterday on Twitter: <https://twitter.com/NatWellbeingHub/status/1470692293636202498?s=20> and posted it on our other social media channel LinkedIn:  [https://www.linkedin.com/feed/update/urn:li:activity:6876458488722186240](https://www.linkedin.com/feed/update/urn%3Ali%3Aactivity%3A6876458488722186240) .

We have developed various new resources – see below – to help and support everyone working in health and social work/social care services, wherever they work, through the challenging period ahead. The resources are intended to empower and encourage colleagues to look after their own, and their colleagues wellbeing. Some of the resources are targeted at staff in specific roles e.g. those working / volunteering in involved in contact tracing and vaccination centres; please do everything possible to make these staff and volunteers aware of them.

In line with reports from representative and professional bodies, **the resources focus on helping colleagues cope with raised anxiety levels, low mood, fatigue and insomnia/sleep issues, and to look after their wellbeing at this time**. Please also make an extra effort to highlight these resources to staff who work in a peripatetic capacity, in the community and/or those who may not readily have access to computer at work. All the information/resources on the National Wellbeing Hub [www.wellbeinghub.scot](http://www.wellbeinghub.scot/) and information about national services (the Wellbeing Helpline, Workforce Specialist Service) can be accessed via devices such as mobile and tablets.

We regularly post links to new content on National Wellbeing Hub (NWH) content on our Twitter and LinkedIn accounts and relevant film clips and recordings of Focus on Wellbeing webinars on our YouTube channel.  **It would help if you could follow us via these accounts**:

NWH Twitter Profile: <https://www.linkedin.com/company/national-wellbeing-hub>

NWH LinkedIn Page: <https://twitter.com/NatWellbeingHub>

NWH on YouTube: <https://www.youtube.com/channel/UCglAh14nLbVFGNe1gOLB7Qg>

As always, your cooperation in promoting this information is greatly appreciated.

Kind regards

Ray

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