

# MENTAL HEALTH & WELLBEING TOOLKIT



## YOUR MIND MATTERS: BOOST YOUR MENTAL WELLBEING DURING COVID-19

We understand that the Coronavirus outbreak is affecting everyone who works in racing in different ways. You may still be riding out every morning, running your own training facility, looking after new foals at stud, working from home following an office shutdown or you may be unable to work.

Whatever your circumstances, it has **never been more important** to look after your **mental wellbeing**. Mental wellbeing describes your mental state – how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

This toolkit offers **guidance** and resources to **safeguard** and **improve** your mental wellbeing at this time.

# TOP TIPS FOR MENTAL WELLBEING

## GENERAL

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- **Keep connected** with friends and family, or reach out to speak with one of the team at **Racing's Support Line**
- Move! Explore different ways to **introduce exercise** into your day. Tom Marquand and Hayley Madigan might have the perfect workout for you in this [#JockeyFit video](#)
- Introduce a [relaxation technique](#) into your **daily routine**
- Try to **anticipate distress** – acknowledge and 'sit in' feelings of anxiety/sadness
- Try to monitor whether you are **drastically increasing habits** such as drinking or smoking
- Take time to reflect and practice self-compassion – **make time** to reflect on what went well in your day and **what you are grateful for**, however small the thing may be
- If you are struggling to sleep, **try to incorporate a relaxation technique** into your evening routine and take a look at these [sleep tips](#)
- **Avoid speculation** and look up reputable sources on the pandemic (Gov.uk, Health Protection Scotland, Public Health Wales). Stick to one **trusted news outlet and limit your time on social media apps** where opinions from others can add to your anxiety

## WORKING FROM HOME

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- **Plan your day** – give it **structure** and stick to it. Set out a clear purpose or tasks to achieve at the start of each day
- **Resist the temptation** to work in your pyjamas all day
- **Designate an area for work** that is tidy and as free as possible from distractions
- Take **regular breaks**, including exercise, and a **full lunch break away from your designated working area**
- When you are done for the day, **pack away your work things** or leave your working area
- If you are juggling working from home and home schooling, **have a conversation** with work about those realities. Try and set a routine whereby you have **distinct times for working** and helping with schooling

## IF YOU ARE AT HOME AND UNABLE TO WORK

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- Structure is very important - **set daily tasks**, however small, and commit to being able to **tick them off** by the end of the day
- Use the time you have on your hands to **upskill yourself** – the Open University's '[Open Learn](#)' platform offers nearly 1,000 free courses across 8 subject areas
- Try to **keep in touch** with colleagues so you feel up-to-date and **ready to return to work**
- If you are used to a very physical job, try and **keep up the exercise in some way** from home – a sudden change can hit your moods quickly
- If you are self-employed, try and **reach out to your normal networks** or see if there's an opportunity locally to connect with others through business forums. It's an uncertain time but **your skills will be needed again** soon

# HOW RACING WELFARE CAN HELP

Racing Welfare is on hand to provide support to **all of racing's people**, with its reach extending to all roles within the racing and breeding sector.

The team at Racing Welfare is **also there for those who have retired from the sport** and its welfare officers represent a front line of support within their local communities.

In line with Government advice, Racing Welfare's regional offices around the country are currently closed, however the **welfare team remain contactable** during office hours via the numbers listed below:

**Malton: 01653 696 869**  
**Middleham: 01969 624 123**  
**Lambourn: 01488 670 034**  
**Newmarket: 01638 560 763**

These office numbers can be contacted from **9am – 5pm, Monday to Friday**.

Racing Welfare also offers a full range of self-help information available online [here](#).

For 24-hour assistance **call Racing's Support Line 0800 6300 443** or get in touch with the team online at via the Racing Welfare website.

Visit the Racing Welfare website at [www.racingwelfare.co.uk](http://www.racingwelfare.co.uk).

**RACINGWELFARE**   
Supporting racing's workforce



# HELPLINES AND HELPFUL LINKS

It is **okay to feel afraid, scared or desperate**. This is not your fault.

If you need someone to talk to, you can call **Racing's Support Line on 0800 6300 443** or get in touch via the **live chat** at [www.racingwelfare.co.uk](http://www.racingwelfare.co.uk).

Alternatively, you can call **Samaritans** on **116 123** or **CALM** on **0800 585858**.

For further wellbeing tips, visit any of the following:

- [Mind](#)
- [Mental Health Foundation](#)
- [NHS Every Mind Matters](#)
- [Anxiety UK](#)

The **following links** may also be helpful if you are unsure of any measures being undertaken during this unprecedented period:

- [Up-to-date racing industry guidance and updates from the BHA](#)
- [BHA lockdown guidance for yards, racecourses and studs](#)
- [BHA Covid-19 Q&A](#)
- [NTF guidance for trainers dealing with the impact of Covid-19 on their business, staff and themselves](#)
- [NTF Q&A page regarding the Coronavirus Job Retention Scheme](#)
- [TBA guidance on lockdown procedure for thoroughbred breeders](#)
  
- [The Government's action plan to tackle Covid-19](#)
- [The Government's guidance on what the new coronavirus measures mean for you](#)
- [Government guidance for employees, including the self-employed or those on zero-hours contract](#)
- [Government guidance for employers](#)
- [Information on business support measures](#)
- [Money Advice Service guidance on managing financial pressures at this time](#)
- [Advice on claiming benefits, updated regularly with Department for Work and Pensions arrangements](#)
- [Online benefits and grant checker](#)
- [Mental Health Foundation guidance on coping with financial, housing and unemployment concerns](#)
- [Help with energy bills](#)
- [Protective measures for renters](#)
- [Information on payment holidays for Help to Buy homeowners](#)
- [Information on mortgage payment holidays](#)

Additionally, the Careers Advice and Training Service (CATS) website has **advice, templates and tips** for finding a job, creating CVs and covering letters, interview skills and much more, as well as a **live job board feed from Careers In Racing**. More details can be found under 'advice' at the dedicated [CATS website](#).

**And remember, Racing Welfare is there for you 24/7, to provide a listening ear and practical help and guidance.**