

# Looking After You Own Wellbeing

## Wellbeing: Connecting with others

To support your own personal Wellbeing throughout this time of uncertainty, here are some suggestions on ways to connect with others and yourself to enhance Wellbeing.



- Family or Group Chats
  - To help feel connected to those family and friends who are in isolation, maybe think about setting up a group chat to stay in touch. Sharing with each other experiences, and any funny memes to keep spirits up can help bridge the gap.
- The world of technology allows for frequent contact with Skype, FaceTime, Video Calling etc..
  - The setting up of routine contacts to help build structure and regulate contact can help you feel less alone.
- Picking the phone up to your elderly relatives to check in
  - Making it a daily call at a set time, can help you as well as them feel engaged and thought about.
- Social Media
  - The world of Social Media is excellent for keeping in touch, however; exposure to unhelpful sites can stir negative emotions. Take an opportunity to go into your settings for apps such as Facebook and Instagram; selecting more of what you want to see

and be part of and removing yourself from what you find less helpful.

- Take time to join social media groups with the same interests as you.
  - A great example is 'What's on Stage'. Where there are announcements of shows being streamed for people to enjoy.
  - There are some great fitness networks, who will be live streaming daily work out session to do in the home, to help keep body and mind for all the family.
- Connecting with help and support lines via phone, e-mail and through contacting websites.
  - Currently, the fear off the unknown is creating anxiety. The world around ourselves will continue to impact us. Making sure you're aware of what support is available is still a priority to support your Wellbeing. Please see [Links attached](#).
- At a time of crisis, it is possible to help yourself by helping others.
  - Volunteering your skills to those who need it is a good way to do this; some ideas are:
    - Volunteering to work for a local charity
    - Supporting foodbanks
    - Knitting and crocheting to make blankets for the homeless
    - Offering your services on-line to help parents who are home-schooling children
    - Letting your local council know of what skills you have, which could be re-deployed to help support the continuation of public services

- Letting the emergency service know of any previous experience you may have, which they can draw on for support
  - Helping elderly and vulnerable neighbours by gathering their shopping or walking their dogs
  - The sharing of books, reading literature and sharing on-line e-book links to others
  - If you have plumbing and joinery skills, offering support to the elderly and vulnerable to ensure they are safe in their homes
- Netflix Party
    - Through Google Chrome extension you can sync a movie with others, allowing a chat function at the same time.