



Care first

COVID-19: Communicating during lockdown with Family, Friends and Colleagues

During the government lockdown mental health has been a big concern for all as social interaction has been drastically restricted. In order to maintain social and professional interaction, using technology has become as prominent as ever.

Why it is important to stay connected:

Not being able to see family and friends during lockdown can certainly take its toll on all of us, some more than others. So it is vitally important for our mental health to stay connected, especially during times of crisis where we can support each other throughout and share in positive moments.

Messaging:

A good old fashioned message to a friend or loved one can go a long way, whether it's a long conversation or just simply checking in, either way you're letting people know you are thinking of them.

When using messaging or emails for work, make sure your message is clear as messages can often be misconstrued which can result in added stress or anxieties in an already stressful situation.

Call/Video Calls:

Video calling is more popular than ever during lockdown and there is a reason for it. Seeing someone's face when speaking to them makes the exchange feel more natural and engaging. It can also be the preferred method for people less technically able as it is easier to use. However, if you're having a bad hair day then a normal call is still often preferred to messaging.

In a professional setting video call is also a great way to communicate, again not only is it more engaging but it also avoids misunderstandings which can occur when messaging/emailing as it allows direct conversation between colleagues/teams.

Social Media:

Although it is argued that social media is detrimental to mental health as it exposes us to negativity; it can also be used for good. Social media is a great way to share positivity with friends and family, but also a great source of funny and interesting material which can lighten your mood.

Whilst Social Media can be good for communication, it can have a negative effect in the workplace and reduce productivity. So, it is considered that the use of Social Media in the workplace should be kept to minimum.

Having time for yourself:

With everyone bearing the brunt of social distancing you may find you receive more messages and social interactions than usual and it can sometimes become overwhelming, especially in the already stressful circumstances which we are experiencing. It is important to respond and socialise at your own pace so it remains enjoyable and doesn't become another point of stress or resentment.

If you feel you may need some support, you can also contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

