



# Care first

## The 5 Ways to Wellbeing during the Coronavirus pandemic

Care first share research conducted by British think-tank the New Economic Foundation (NEF) which has been updated to reflect the new challenges Covid-19 presents, and how we can all proactively improve our wellbeing.

### 1. Connect

Connecting with others can be more difficult now with social-distancing measures in place. Whilst recent lock-down easing permits more time outside, it may be necessary to use online video-based facilities, or the good old-fashioned telephone to connect with family and loved- ones through this time. It is important to stay connected as much as possible. Even sending 'care' packages, or post-cards to one another can be a great way of staying 'together'.

### 2. Be active

Exercising has proven benefits for both physical and mental health. With gyms and many other facilities remaining closed, it can be more challenging for people to stay active at present. It is important to find new ways of staying active, such as going for walks, engaging in online video-based exercise content, or possibly cycling. As more and more of us return to work, it may be possible to be active on your commute by cycling or walking where possible. Current guidance is to avoid public transport where possible, so cycling to work can help prevent the spread of Covid-19.

### 3. Be curious

Being curious in this sense is often taken to be mindfulness and if that works for you personally then that is great. In current circumstances it's hard not to worry about the future - of our home, our family, our community, our workplace. But taking some time each day to talk about how we are feeling can be helpful - even noticing the feeling of fresh air and sunshine on our faces while we are out for our daily walk.

### 4. Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. As well as being fun, learning new things will make you more confident. How often do we hear people say 'If I had the time I'd love to....' – well now many people do have more time on their hands than was previously the case. Find something you enjoy and give it some of your attention and energy!

### 5. Give

This month's Mental Health Awareness theme is kindness. With the way our behaviours have needed to change so drastically and so quickly through the current pandemic – from the way we shop, to how we interact with friends and others outside the household - being kind has never been more important than at this current time. Giving some of your time – picking up shopping for a vulnerable neighbour or friend – could make a massive difference, not just to that person, but to the NHS and wider society. It is the small acts of kindness that can make a huge collective difference.

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.

