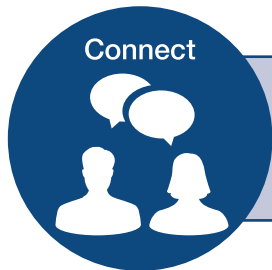


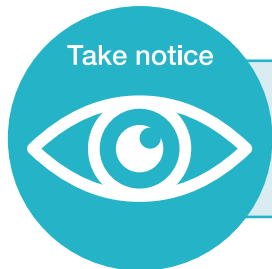
Take 5 Steps to Wellbeing during times of isolation



There are five simple steps to help maintain and improve our wellbeing. During this time of social isolation we should make extra effort to build these steps into our daily lives. The current situation we face provides us with opportunities to do things a little differently.



Being connected helps us feel good. During times of social isolation we may not have face to face contact, but we can still find other ways to connect to avoid loneliness. Use this time as an opportunity to build connections. Call an old friend or family member, send a text, set up a WhatsApp group, Skype or FaceTime. Start an online book club. Let's be innovative – building these connections will support and enrich you every day.



Being physically active makes us feel good – we may not be able to do this in the ways we normally do, but exercise can take many forms. Go outside, garden or dance. Do an exercise video at home and remember house work keeps our bodies active. Discover a physical activity that you enjoy, one that suits your level of mobility and fitness.



Stop, pause and take a moment to look around you. What can you see, feel, smell or taste? Look for the beautiful. Count your blessings. Research shows that being thankful for small things can positively affect our wellbeing. Use this time to slow down and be mindful.



Use your extra time to try something new, rediscover an old hobby or sign up for an online course. Learning new things gives us a sense of accomplishment. It helps us feel more confident and can also be fun to do. Remember not all learning takes place in a classroom. Use this as an opportunity to teach your children new skills.



When you're not isolated give back by doing something nice for a friend or a stranger. Look out for each other, especially the most vulnerable in our society. Check on the elderly, run an errand for your neighbour. Remember small gestures can mean a lot to those who are isolated. Through giving we receive.