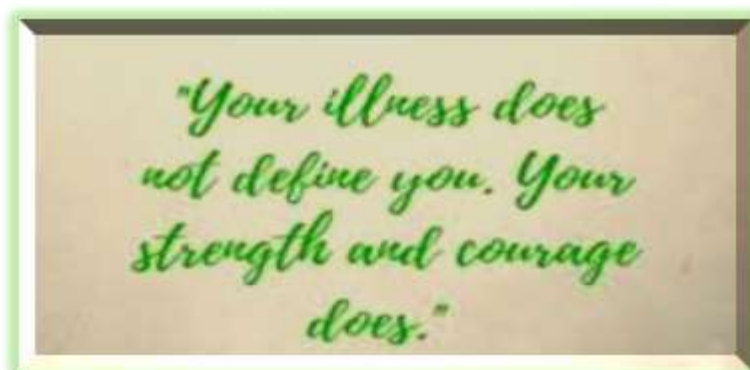


Welcome to the first of what we hope will be a fortnightly newsletter that we have put together to help you navigate the strange times we all find ourselves in. We are very aware of the impact social isolation can have on our mental health so we hope by getting in touch you will feel hopeful and feel more in control of your days and mental wellbeing.



The **Five Steps to Wellbeing** were designed to help people find balance, build resilience and boost their mental health and wellbeing. This is important in everyday life, but even more so during times of uncertainty. Here are some suggestions based on the steps you might implement during isolation.





Keep learning by reading. This is a great time to think about revisiting the classics, catch up on new releases or indulge in your favourite genre. Reading can be a respite from worry and anxiety, or an inspiring read can lift your mood.

Be active by giving home workouts a go. Exercise will strengthen your immune system, improve your mental health, and make you feel better. Joe Wicks is releasing a new workout video every day on his YouTube channel 'The body coach'. Strictly fans might want to try learning to dance with Oti Mabusi on her YouTube channel.

Stay connected while apart by using Video calls through WhatsApp, Messenger, Skype or Zoom. Phone calls are amazing, and are a great way to stay connected, but seeing someone's face really can make a huge difference - it can lift your mood and make you feel less lonely and **you** could really brighten someone else's day.

Give by sharing hope and support. To give does not mean you have to part with something you own. Instead it could be some sound advice or information. You could give someone a recipe for some home baking or 5 minutes of your time to really listen to them.

Take notice by looking around. I wonder how many times in the past month you can recall listening to the birds from your bedroom window, or watching the trees move in the wind. Taking notice can help us reconnect with nature which helps to relax the body and the mind.

