

Maintaining good well-being whilst in lockdown

**Week 3 - Keeping
Connected**

Wellbeing

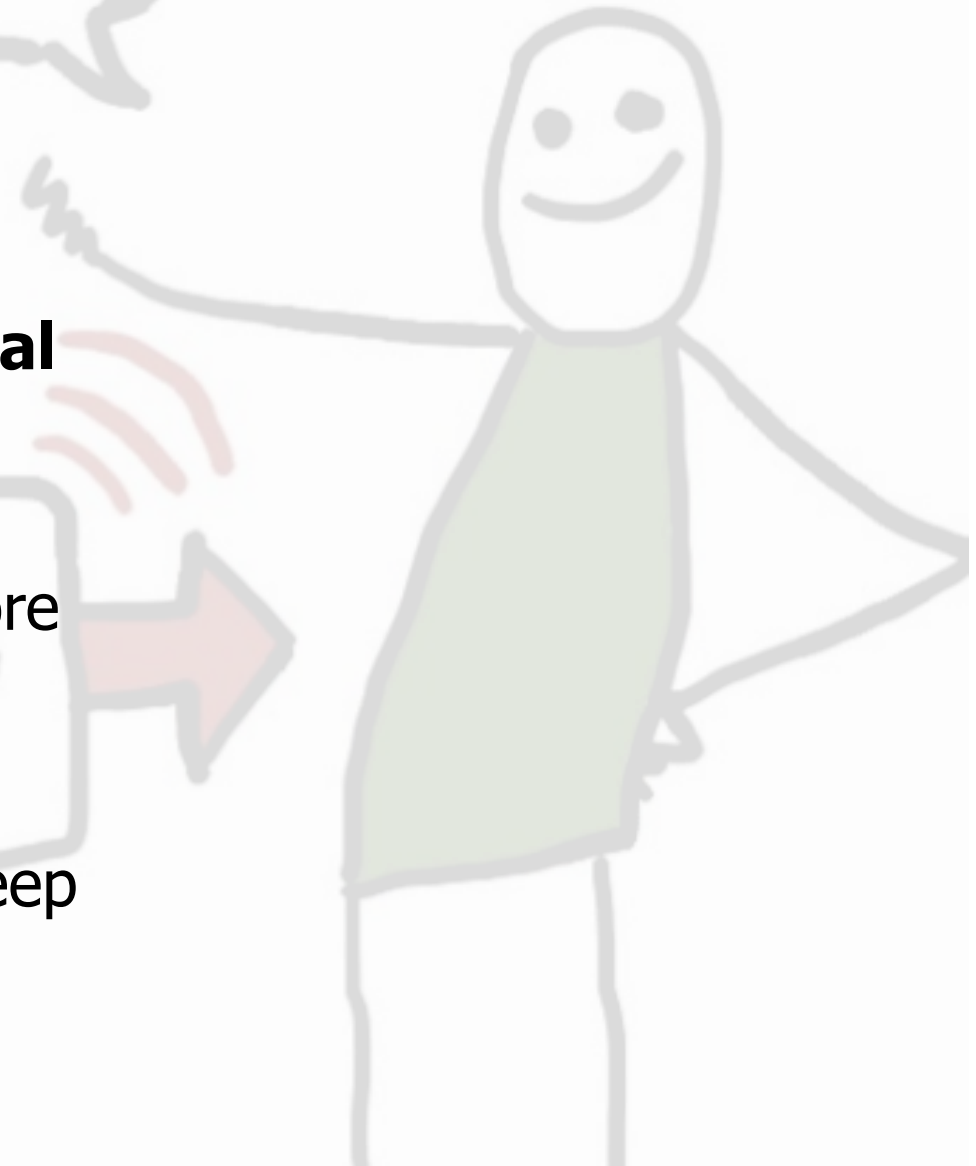


We all know the basics of health :

- Eat your veggies
- Exercise
- Get proper rest

But...how many of us know that social connection is as important?

Recent studies have shown that we're more likely to feel less stressed and can even increase how our body fights illnesses by having great relationships. So, eat your greens and exercise but don't forget to keep connected!



Connections and memories can help us stay calm when life's waters are choppy and when things feel a bit different than normal





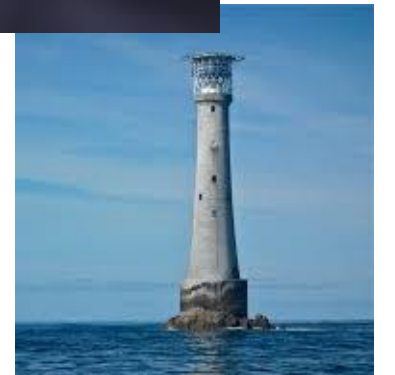
So...who helps you
when life's waters are
a bit choppy?

Think about the people in
your life **who** make you
feel safe and welcome
(you can include pets!!).
These are people who
make you feel good when
you think about them.

Is there somewhere which holds a happy memory for you?

Can you think about the places *where* you feel happy and safe?

it may be somewhere you've been on holiday that holds a good memory, a great moment in school with friends, somewhere in your community, in your kitchen, sitting in a tree you've climbed!



When do you feel the most at peace and safe?



Maybe a particular day of the weekend?

First thing in the morning or later on in the evening? It may even be a specific memory of a time too.

Knowing about who and what helps us feel safe and connected is a helpful way to keep us calm when things feel a bit different at the moment.

Our brains are so powerful that even thinking about some of the things you might have named just now can help calm your body down

You can also try using these short mindfulness exercises to help you feel more anchored too:

<https://soundcloud.com/newhorizonholisticcentre/mindfulness-meditation-for-kids-breathing-exercise>



Here are some more ways we can connect with people right now and make some more memories

- Ask if you can video call your friend
- Watch a film together online
- Bake together
- Send cards and letters
- Paint rocks and hide round your neighbourhood or park
- Decorate your windows
- Do lego online together
- Virtual sleepover – build your dens, get some snacks and watch the same film together



There may be ways that you can make these part of your daily routine



“When the storm hits us, we must drop anchor and ground ourselves...dropping anchor doesn't get rid of the storm; it just holds us steady until the storm passes”

Russ Harris

Sometimes we need some more help to anchor ourselves – Here are some places you can ask for help.

<https://www.forwardthinkingbirmingham.org.uk/>

Useful Organisations

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

<https://www.myh.org.uk/helpline>



Birmingham Mind Help Line

We are here for you

Current Opening Times - 7 Days a Week
9:00am — 11:00pm

0121 262 3555
help@birminghammind.org

Supporting people living in and around Birmingham

Registered Office: Birmingham Mind, 17 Graham Street, Hockley, Birmingham, B1 3JR.
Registered Charity No: 1003906



Pause is here for you, if you are under 25 and have a Birmingham GP. We offer a non-judgemental listening ear, self-help strategies plus skills for managing difficult situations and feelings. We are open 10am-6pm, seven days a week.

Drop us an email on askbeam@childrenssociety.org.uk or call 0207 8414470 and we will arrange for one of our friendly team to call you back.

For more info check out <https://www.forwardthinkingbirmingham.org.uk/>

Pause.