Social Connection during social distancing

This is a challenging time for everyone. Even if you are not unwell, you will need to reduce or postpone some of your usual social activities. Have a think how to keep connected and support each other.

Campaign To End Loneliness
UK based, excellent updated resources
www.campaigntoendloneliness.org

Free Mindfulness Based Stress Reduction (MBSR) program
www.palousemindfulness.com

Headspace demonstrates how meditation can be made simple
www.headspace.com/headspace-meditation-app

5 simple ways to maintain emotional health & social connections

1. Interact with others in different ways
Can you speak to your neighbours from over the fence? Leave some surplus apples, eggs or toilet rolls at their front door with a note saying 'Thinking of you'. Get thinking and be creative!

2. Use technology to stay in touch
Call friends and family, make time to catch up as a group using Skype or FaceTime. Using the video on a smartphone to see someone's facial expressions increases the social connection, but even just calling someone can help.

3. Shut off the news
It is important to stay up to date, but continually watching COVID-19 news can make people feel more anxious and alone. Check for reliable updates through **australia.gov.au** and try not to buy into the hype. Turn off phone alerts and resist the urge to look at news just before bedtime.

4. Keep active, get sleep, drink water and eat healthy
This is a marathon, not a sprint. Isolation does not mean 20 hours a day on the couch if you are well. Look after yourself and stay healthy for the people around you. Exercise is increases your 'feel good' brain hormones that can get low during social distancing. Remember your yard is part of your home and connecting with nature can be very powerful.

5. Think about your community
Do you know people who are going to have trouble getting to shops, collecting their medications or using technology. Reach out to those outside your social group. We are all in this together and we will all need our communities.

Let's help to minimise not only the spread of COVID-19, but also the social and psychological effects