

Maintaining good well-being whilst in lockdown

Week 3 - Keeping Connected

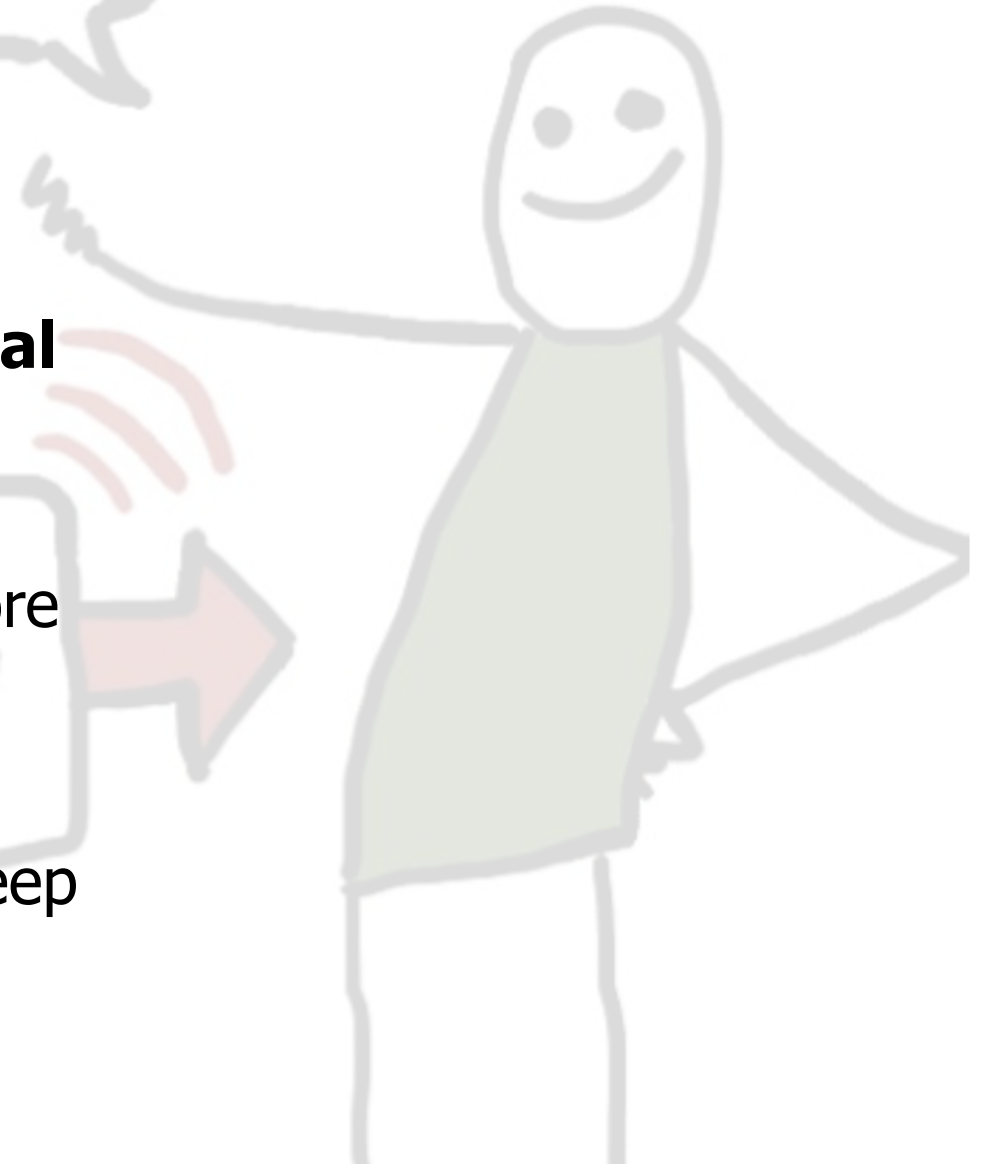


We all know the basics of health :

- 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 steady when life's waters are choppy. This is sometimes described as anchoring.





So...who anchors you?

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.


You may have people **who** are your “happy moments” anchors, “lonely moment anchors”, people you know will guide you – different people for different times. Make a note of who they are.

What and where do you feel anchored?

Think about **what** you do that makes you feel alive – it can be anything! It might be being creative, listening to your favourite music, playing a sport. Even thinking about the tiniest things can help you feel anchored and connected to feeling good in yourself.

Take a tour of your world and find the places **where** you feel connected – 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 anchored?

Are there times of day ***when*** you feel most at peace, maybe a 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 anchors us is a really good way to help to keep ourselves calm.

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:



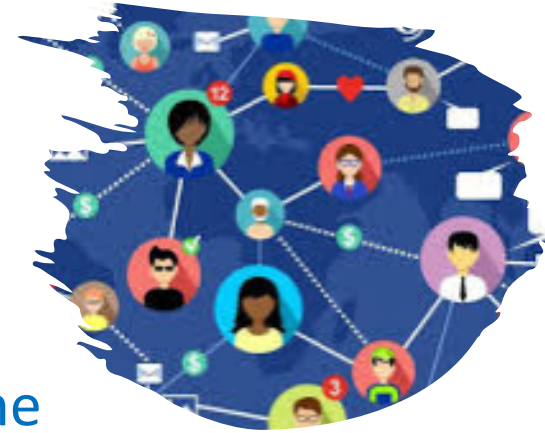
Shy? Feel nervous about not seeing people face to face at the moment?



- **Rest your worries** – Did you know, connection has nothing to do with the number of likes you get on a post, followers or groups you belong to? It's all about how closely connected you are rather than the number of connections.
- **It's not just about connecting** – it's also about having a bank of memories, shared experiences and thoughts to connect with within your self too!

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

- You can take a socially distanced walk with someone else
- Send at text to someone just to say hello!
- Send a funny gif or meme that reminds you of a memory with someone
- Write a card or letter and post it!
- Eat dinner together over a video call
- Decorate your windows with cheerful pictures
- Do a workout together while you call each other
- Bake together via a video call



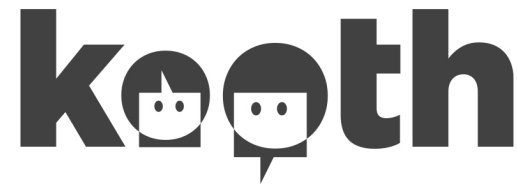
There may be ways that you can make these part of your daily routine



“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

Kooth



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