

Wellbeing tip - number 9

Connect with others.

Connecting with others is one of the NHS 5 steps to wellbeing. Being in lockdown presents us with some significant challenges in relation to connecting with others, and yet staying connected has never been more important! Remember above all else that we must follow the conditions of the lockdown in order to help prevent the spread of Coronavirus. This applies to young people as much as anyone else.

This means that you definitely should not be leaving the house to meet up with friends or family members who do not live with you or receiving visits at home from people who do not live with you. With these restrictions in place, we have to give a lot more thought to how we can connect with others and how to do so safely. Establishing a genuine connection with others is vital for our sense of mental wellbeing but is not something that just happens by chance or automatically. As well as being physically separated from people we would usually see, there is the added challenge for some people of spending more time than we usually do with the people we live with. If you are living in an abusive situation, it is important for you to know that, despite the lockdown, there are professionals available to support you and there are details in this powerpoint on how you can access help.

Why connection is important

- ✓ Give and receive appreciation
- ✓ Discover a sense of identity and belonging
- ✓ Strengthen self-worth
- ✓ Find a chance to be heard
- ✓ Share positive experiences
- ✓ Give and receive emotional support
- ✓ Talk about things that are important to you
- ✓ Develop empathy and compassion



It is **never** OK for someone at home to behave in an abusive way towards you or a member of your household and you do not have to tolerate this. If no immediate danger, email the CGA address and we will get you some help or you can call Childline. If there is immediate risk of harm call 999.

Connections at home

- Be prepared for the fact that things may be more tense than usual at home as you get used to being around each other 24/7.
- If you know you wind up a sibling or a parent, creating arguments or conflict, this is the time to step back from this kind of behaviour as it is unhelpful.
- If you sense yourself becoming irritated, take some time out – you may not have physical space in your home but you can read a book, listen to music, watch a film.
- Be helpful – reduce the stress on others.
- If you're struggling, let someone know as they may not be able to tell. Use some of the strategies from 'It's OK not to be OK' (Wellbeing Tip 6).

Group chat stress

As much as the internet is useful for connecting us with others it also has its limitations. If you are someone who (like in Wellbeing Tip 7) worries about what others think about you, you may find group chats stressful if you can't be truly yourself and have to pretend.

#BeKind

Group chat stress – tips for dealing with it

- ❑ Limit the number of groups you are a part of to avoid overload
- ❑ Stick to groups with people you know well and get on with
- ❑ Limit the amount of time you spend in group chats
- ❑ Let group members know that you sometimes find group chats stressful – any good friend will understand and respect this
- ❑ Avoid giving strong opinions about things – keep your comments light. This will help you not to analyse and worry about them afterwards.
- ❑ If it gets too much, take a break telling your friends 'Feeling a bit stressed. Taking some time out. Nothing personal. I'll be back'.
- ❑ Group connections should never be based on making fun of others – if this is the case, remove yourself from the group and let someone at school know.

Stranger Danger

It is never a good idea to connect with strangers on the internet but especially not at the moment. Those who exploit and abuse others specifically make use of times when people are most vulnerable. Stick to the websites you have been given through these wellbeing tips which are all reliable sources of support.



<https://www.healthforteens.co.uk/lifestyle/online-gaming/how-to-keep-gaming-safe-and-fun/>



Be part of something bigger

An important part of connecting with others is feeling that we belong. There are lots of positive initiatives happening at the moment which you can be a part of. Here are just a few of them:



Click her to see how you can donate to the Hackney food bank

https://hackney.foodbank.org.uk/give-help/donate-food/?utm_source=givefood_org_uk&utm_medium=search&utm_campaign=needs

A screenshot of a JustGiving fundraising page for "FEED NHS". The page features a large graphic of the NHS logo with a colorful arrow pointing down. The text "FEED NHS" is prominently displayed. Below the graphic is the URL <https://www.justgiving.com/fundraising/feednhs>. The page also shows the name "Damian Lewis" and the text "Help feed NHS workers one healthy meal each day." The JustGiving logo and navigation options are visible at the top.A screenshot of a YouTube playlist titled "P.E. With Joe | Week 2". The playlist includes three videos: "P.E. With Joe | Monday 30th March 2020", "P.E. With Joe | Tuesday 31st March 2020", and "P.E. With Joe | Wednesday 1st April 2020". The playlist is hosted by "The Body Coach TV". A yellow box at the bottom of the screenshot contains the URL <https://www.youtube.com/playlist?list=PLyCLOpd4VxBvD7ogmmPLJXYA1q0gFF3pe>.

APPLAUD
our **NHS** heroes

Join us at 8pm tonight to say thank you.

#clapforourcarers



Remember all the opportunities in the Spring Holiday notices still available in SMHW