

# Take5

steps to wellbeing

**HSC** Southern Health  
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*Quality Care - for you, with you*



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Project supported by the PHA

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# Take 5 Steps to Wellbeing during times of isolation

There are five simple steps to help maintain and improve our wellbeing. During this time of social isolation we should make extra effort to build these steps into our daily lives. The current situation we face provides us with opportunities to do things a little differently.



## CONNECT

Connect with the people around you - being cooped up at home can sometimes produce feelings of loneliness. Use this time as an opportunity to build connections. Call an old friend or family member, send a text, set up a WhatsApp, Skype or FaceTime group, start an online book club. Let's be innovative - building these connections will support and enrich you every day.



## BE ACTIVE

Exercising makes us feel good – we may not be able to do this in the ways we normally do, but exercise can take many forms. Go for a short walk, garden or dance. Do an exercise video at home and remember house work keeps our bodies active. Discover a physical activity that you enjoy, one that suits your level of mobility and fitness.



## TAKE NOTICE

Stop, pause and take a moment to look around you. What can you see, feel, smell or taste? Look for the beautiful. Count your blessings. Research shows that being thankful for small things can positively affect our wellbeing. Use this time to slow down and be mindful.



## KEEP LEARNING

Use your extra time try something new, rediscover an old hobby or sign up for an online course. Learning new things gives us a sense of accomplishment. It helps us feel more confident and can also be fun to do. Remember not all learning takes place in a classroom. Use this as an opportunity to teach your children new skills.



## GIVE

Do something nice for a friend or a stranger. Look out for each other, especially the most vulnerable in our society. Check on the elderly, run an errand for your neighbour. Remember small gestures can mean a lot to those who are isolated. Through giving we receive.