

ABC life support

First aid training for all

FIVE WAYS TO WELLBEING AT A TIME OF SOCIAL DISTANCING

LOOKING AFTER YOURSELF AND OTHERS DURING THE CORONAVIRUS CRISIS.

The following steps have been researched and developed by the New Economics Foundation. www.neweconomics.org

1 CONNECT

This is particularly important and challenging during this crisis. The current is clear that self-isolating means that we must only socialise face-to-face with those that we are living with. Online platforms have sprung up to enable us to see friends and family. We've also been writing postcards (real and virtual) and sticking messages in our window to say hi to our friends and neighbours even if we can't speak to them.

2 BE ACTIVE

The current guidance says that everyone (in groups of no more than two from the same household) is able to go out each day for a walk, cycle or run. A host of free online group workouts are available, from [dance classes](#) to [yoga](#). This exercise will work for some, but being active is not only about 'working out' and there's a huge range of different physical capabilities due to health conditions, age and ability. Finding a way to be active that suits you and can be sustained is critical. We have joined the online PE class and are trying to have a short bike ride together each day in a local green space.

3 BE CURIOUS

This is often taken to be [mindfulness](#) and if that works for you that's great. In current circumstances it's hard not to worry about the future, of our home, our family, our community, our workplace. We've found taking some time each day to [talk about how we are feeling](#) has been helpful, and noticing the feeling of fresh air and sunshine on our faces while we are out for our daily bike ride. We are trying to plant some seeds so we can tend to them and watch them grow each day.

4 KEEP LEARNING

Learning something new or improving a skill you already have is a way of shutting out the outside world for a bit and giving you a sense of achievement. My daughter and I have talked about the things we both enjoy doing and what we can teach each other. Right now she's keen to learn how to sew, so we are giving that a try. My daughter is also teaching me new things – at the moment it's how to dance. This isn't about grades or qualifications but setting ourselves a challenge and attempting to master it.

5 GIVE

There are ways that you can help others while still following the guidelines. Like thousands of people across the country we have joined our [local mutual aid group](#) to help provide support to people in our community who are self-isolating. [Giving blood](#) is more important than ever and still possible to do during the lockdown. Virtual support can also be provided, through shopping online for local food banks (if you can afford it). We've [written thank you notes](#) and [painted rainbows](#) to stick in our window – the latter a message of hope started by children and taking hold [around the world](#).

As we rebuild after this crisis, our government should learn from places that have been leading the way in building wellbeing into their policymaking. New Zealand introduced a [Wellbeing Budget](#) last year, ensuring that all spending decisions will be made on the basis of a project's contribution to the wellbeing of the population. Ultimately we need to think of wellbeing as a collective, not an individual, endeavour. As [Annie Quick](#) wrote: "We need to make sure that the scale of the solutions meet the scale of the problem. Wellbeing can play a crucial part. But to do so, it needs a clear analysis of power and how to build it to create a wellbeing economy."



FOR MORE INFORMATION ABOUT THE FIVE WAYS TO WELLBEING, VISIT NEWECONOMICS.ORG



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