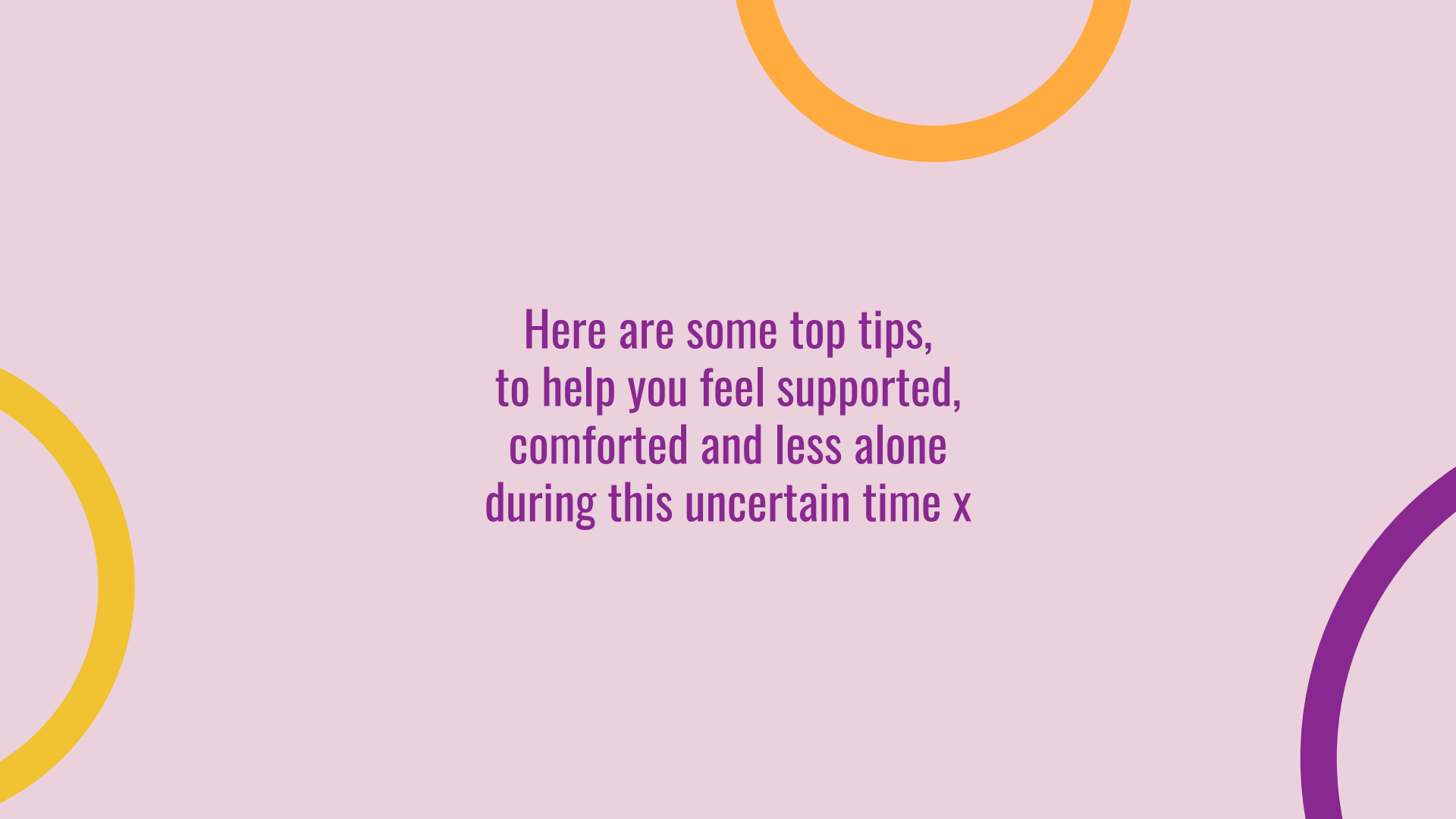




Switchboard's Emotional Wellbeing Support Pack

March 2020



Here are some top tips,
to help you feel supported,
comforted and less alone
during this uncertain time x

You may be feeling anxious...

Do you feel overwhelmed? Anxious or on edge? Like you might want to run away or that you have too much energy?

Here are some things that might help:

- Breathe
- Counting backwards
- Visualise your calm
- Listen to some music
- Challenge your thoughts
- Get some fresh air
- Change of scene
- Physically drop your shoulders and audibly breathe out releasing tension
- Meditate (Use apps like Headspace, Calm and Insight Timer for help)
- Write it down - it's good to jot down your emotions and feelings

You may be feeling low...

Are you feeling slow and lethargic? Numb and maybe a bit spaced out? Do you feel like you want to just shut down and hide?

Here are some things that might help:

- Connect with someone - it's all about the facetime and google hangouts right now :) Just as importantly if you know someone who you think might be feeling like this, reach out to them and let them know you're thinking of them.
- Gratitude Journal - everyday write down three things you are grateful for e.g. the sun, your morning tea or coffee or the fact you're looking after those in need.
- Move your body
- Drawing
- Shift your posture
- [Grounding exercises \(see next slide\)](#)
- Do things that make you feel good - see the [Wellness Toolbox \(slide 8\)](#)
- Join a support group

Grounding Exercises

A really great way of supporting ourselves during difficult moments, some p=useful pointers to help us feel more like ourselves.

Here are a few grounding exercises:

- Connecting with your heartbeat, your breath or even just the touch of your skin - breathe in and out five times.
- Hug yourself
- Notice your points of contact with the floor e.g. feet on the floor
- Massage your hands
- Feel different textures
- **5-4-3-2-1 exercise**, look around and name:
 - 5 things you can **see**
 - 4 this you can **feel**
 - 4 things you can **hear**
 - 2 things you can **smell**
 - 1 thing you can **taste**

You may be feeling lonely...

Social distancing and isolation means we'll be in our homes more than ever, but you are not alone.

This is shifting our sense of community to different ways of connection which can feel really overwhelming.

Here are some ideas on how to stay connected:

- Video chat - Facetime/Zoom/Google Hangouts/Houseparty
- Call someone to check in
- Go old school and write a letter or email if you are isolating
- Take one of the many virtual classes or workshops popping up
- Keep texting
- Use social media to connect with people
- Use social media to watch live streams - from gigs, to exercise classes!
- Schedule a virtual therapy session
- Join a support group or call a helpline like us at Switchboard

You may be feeling a bit bored...

Which isn't always a bad thing, lots of creative thoughts can come out of boredom!

Here are some suggestions on how you could occupy your time:

- Get creative! Write something, draw something, make something, bake something... and send us your pics!
- Learn something new - a language, yoga, knitting or how to cook a new cuisine.
- Read or listen to a new book
- Catch up on all those shows that you love!
- Watch a comedy or a movie you love - make it a group activity via a video app and discuss it after.
- Make an audio diary
- Put on some of your fav tunes and have a good dance - virtual houseparty?
- Is it Friday yet? Maybe do a virtual dinner with friends or family?
- Tidy, organise or rearrange - there's nothing quite like a rjig to clear your head.
- Join a support group

Wellness Toolbox

It can be really helpful to put your own toolbox together of things that you know make you feel safe, stay well and feel better.

This is a really personal thing, and can include all of the suggestions so far, here are a couple more:

- Chat to a friend and video call the people you love
- Relaxation exercises that work for you
- Write things down
- Exercise - yoga, run or cycle
- Eat well
- Join an online support group (like [The Outside Project's Facebook](#) group)
- Wear something that makes you feel good
- Make a list of your accomplishments
- Do something that makes you laugh
- Do something special for someone (including yourself)
- Prioritise time to yourself (away from work, volunteering etc.)
- Reach out for help and remember you are not alone.



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