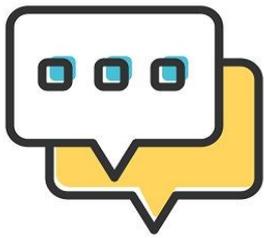


Combating Loneliness During Lockdown

Covid-19 has dramatically changed our lives including the relationships we have with our family members, friends, workspaces, communities and neighbourhoods. Most of us have lost some or all of the normal ways that we engage with others as we try to keep each other safe, leaving many feeling isolated and lonely. However, below are some ideas and tips to help you stay connected, healthy and active during lockdown:

Stay Connected



- Put aside time to connect with friends and family.
 - Be present with others when communicating. Don't become distracted with other things.
 - Try different ways to stay in touch – use phones, texting and other technology where you can, but also try consider sending cards, letters or even recorded messages.
 - Take time to nurture meaningful and positive relationships.
 - Make new connections over the garden fence or when out exercising. Smile and greet others in the street.
- Check in with neighbours regularly and join in with local Facebook or WhatsApp groups.
 - Join in with online communities and groups. (Be mindful of your own online safety.)
 - With social distancing easing, see if someone you know, a neighbour or a friend, wants to meet up outdoors.
 - If you need help to get food, supplies or medicines, or would like help to stay connected, contact your local Covid-19 response group. If you are unsure who this is, call the main North Yorkshire County Council contact number (01609 780780).

Keep Well



- Create a new routine and stick to it. Create a list of tasks to do for the day and remember to eat your normal meals.
 - Think in the short term (today, this week, this month) rather than the long term. Adopt strategies such as mindfulness or meditation to keep you in the moment.
 - Plan something every day to look forward to. This could be as simple as a phone call, taking a walk or cooking a meal.
 - If you feel very lonely or that your mental health is suffering, try joining an online community to talk about loneliness and mental health, for example Mind's Elefriends (www.elfriends.org.uk) or Kooth (www.kooth.com).
- Volunteer for your local Covid-19 response group or befriending scheme.
 - Keep exercising even if this is indoors.
 - Take up a challenge or fundraise for a local charity by doing something unique.
 - Sign up to new training courses or learn a new skill. Join an online choir or arts group.
 - Take traditional activities online. Organise an online video call and play games together, create a virtual book club, have a costume party or cook together.

Remain

Active



Keep in up to date with The Loneliness Campaign on Twitter [@TLCNorthYorks](https://twitter.com/TLCNorthYorks)

For more ideas visit: communityfirstyorkshire.org.uk/coronavirus/stayingactiveandkeepingwell