



A guide to reconnect during Covid-19 (Coronavirus).

This booklet has been designed to offer you some easy steps you can take to reconnect with the people and activities that have a positive impact on your mental health and emotional wellbeing.

For many of us, the gradual easing of the Covid lockdown brings longed-for opportunities (even if at a social distance) – to see friends, play sports, resume contact with family in ‘real space’ or get back to work that we value.

But for many of us, even the happy, much anticipated changes can be difficult for our mental health. We should be prepared for the fact that the end of lockdown might be as hard for us as the start was.

Just as it took us time to find ways of coping during lockdown, we should also expect that it will take time to find our way back, and to reconnect with life.

If possible, take things at your own pace – but try and challenge yourself to try something different each day or every couple of days

[www.mentalhealth.org.uk]





Reconnect with others

Reconnect with people around you: family, friends, colleagues and neighbours at home, work or in your local community.

To reconnect with others you could...

- Reconnect with your family. Cook and eat dinner together, dust off those old board games or spend time together planting a new garden.
- Arrange to meet with friends for a walk, coffee or a meal, of course while adhering to government social distancing guidelines.
- Set up a video chat, you could use Skype, Zoom, FaceTime or an app such as WhatsApp.
- Checking in with other people who may be feeling lonely, can be a good way to feel more connected.
- Reconnect with members of your church either in person by attending a church service or online at <https://www.churchservices.tv/churches/>



What will you do?

Think of 3 ways you will reconnect with others and write them in the box below.



To reconnect with others I will

1.

2.

3.



Reconnect with learning

Try something new, reconnect with an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food.

Here are some ideas to help. You could...

- Register at your local Library for an exciting selection of learning opportunities. Why not register as a new virtual member [HERE](#)
- Explore a variety of free educational resources made available by the Open University. You can access these materials by visiting [HERE](#)
- Explore BBC learning NI. A free digital learning resource for students. More information can be found [HERE](#)
- Sign up for one of 2,000 free places on a range of fully-accredited courses offered by the Department of Economy, to help you retrain and improve your skills. Find out more [HERE](#)



What will you do?

Think of 3 ways you will reconnect with learning and write them in the box below.



To reconnect with learning I will	
1.	
2.	
3.	



Reconnect with physical activity

Go for a walk or run, cycle, play a game, garden or dance. Exercise makes you feel good. Most importantly, discover a physical activity that you enjoy.

If as a result of Covid-19 you have reduced the amount of physical activity you do you could...

- Keep active at home. Information can be found [HERE](#)
- Choose a workout from the NHS Fitness Studio's range of online exercise videos. More information can be found [HERE](#)
- Visit Change4Life [Indoor games](#) for activities for children. [Get Active at Home](#) also has plenty of ideas for young people to stay active at home.
- Check out other helpful resources: [WHO Be Active During Covid](#)

[NHS Get Active Your Way](#)

[Stay Physically Active During Quarantine](#)



What will you do?

Think of 3 ways you will reconnect with learning and write them in the box below.



To reconnect with physical activity I will

1.

2.

3.



Reconnect by taking notice

Stop, pause or take a moment to look around you. What can you see, feel, smell or even taste. Look for beautiful, new or unusual things in your everyday life.

To reconnect with nature and yourself you could...

- Bring nature into your everyday life to improve your mood, reduce feelings of stress or anxiety, and make you feel more relaxed. Click [HERE](#) for some tips on reconnecting with nature.
- Notice the little wins. Practice daily gratitude. [HERE](#) are 10 simple ways to become more grateful.
- Take notice of your thoughts and feelings. Take a few moments to explore mindfulness [HERE](#)
- Learn the basics on how to meditate [HERE](#)
- Seek out support if times are tough: www.mindingyourhead.info



What will you do?

Think of 3 ways you will reconnect nature or yourself and write them in the box below.



To reconnect and take notice I will

1.

2.

3.



Reconnect by Giving

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group.

Stuck for ideas? You could...

- Get involved in local efforts to support people who are more vulnerable during the coronavirus situation. Click [HERE](#) to find out more about the inspiring effects helping other people can have to our wellbeing.
- Be kind to yourself and others and consider giving random acts of kindness, click [HERE](#) for more information.
- Volunteer your time. Click [HERE](#) for local volunteering opportunities.
- Save a life today and donate blood: Northern Ireland Blood Transfusion Service www.nibts.org



What will you do?

Think of 3 ways you will reconnect by giving and write them in the box below.



To reconnect by giving I will

1.

2.

3.

The Take 5 steps to wellbeing approach is a set of evidence-based public health messages aimed at improving the wellbeing of the whole population. It is based on the Five Ways to Wellbeing developed by the New Economics Foundation (NEF) as the result of research undertaken as part of the Foresight Project on Mental Capital and Wellbeing (2008)

Funded by the Public Health Agency, a Take 5 toolkit has been developed by Belfast Strategic Partnerships Mental Health and Emotional Wellbeing Thematic Group (MHEW), a multi-sectoral partnership representing the community, voluntary, statutory and business sectors. It includes a suite of resources aimed at individuals, families, practitioners, communities and organisations.

A digital copy of this toolkit can be found online or by contacting brien.frazer@setrust.hscni.net.

Additional Take 5 resources can be found [HERE](#)

