

Staying Connected

Spending time with people we like is good for our wellbeing. The pandemic has disrupted this and many of us are adapting and learning new ways of staying in touch with family and friends. Where possible, try to find time to balance home and work responsibilities with spending time with family and friends, in whatever form that may be. Be mindful of not focusing all of the conversations on the current crisis, and take time to talk about and do other things too, for example playing a game or quiz.

You may also want to try making new connections by exploring opportunities to e-socialise with people who share similar interests to your own.

For example, Prescribe Culture is a heritage-based initiative led by the University of Edinburgh's museum service that harnesses the ability of cultural activities to boost mental wellbeing.

The programme is now open to Scotland's health and social care staff, offering virtual tours of local and international heritage venues and exhibitions, such as Edinburgh Castle, the Foundling Museum, the New Zealand Museum of Technology and Transport, and the National Museum of Qatar.

You can sign up to the Prescribe Culture T30TV programme by emailing: **PrescribeCulture@ed.ac.uk**.



Whatever you do, be kind to yourself and recognise that it is also okay to want time to yourself as well. It is normal to want some time away from friends, family and colleagues, particularly when stress levels are running high.

There are situations or responses that you may feel nobody outside work would understand or it is not appropriate to share. In work, take time to check in with colleagues you trust. It is okay to admit when you are not coping as well as you normally would. You may find that your colleagues are experiencing similar responses.

Local 1-1 wellbeing support is available for care home staff:

Call or text 07971 794 065 to arrange support

(This is a dedicated line staffed Mon-Fri, 9am-5pm, or leave a voicemail 24/7)

For immediate support 24/7:

National Wellbeing Hub - <http://wellbeinghub.scot> - 0800 111 4191

NHS Lanarkshire Staff Care and Wellbeing 24-hour Helpline - 01698 752000

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