

& MENTAL HEALTH *coronavirus*

As we approach the one year mark since the first Covid-19 lockdown, let us focus on all the positives we have achieved during these challenging times. Here are some of our accomplishments over the last 12 months.



Most of us are working from home and have adapted well to staying in touch with our colleagues.



A lot of people have gotten to know their neighbours and found a sense of community.



As there have been fewer cars on the roads, there have been fewer accidents and less pollution.



Many people have undertaken home DIY projects to improve their living arrangements.



There is a huge appreciation for the NHS and other essential workers.



More people have connected online, via tools such as Zoom, with people all over the world.



There is a vaccination available and more and more people are receiving their first dose.



Some people have taken the extra time at home to learn new skills.

Many people have been directly affected by the Coronavirus and some of us have lost loved ones. At Source, we know that these can be upsetting and anxiety inducing times. Take the time to read this sheet on ways to continue to remain positive and keep those anxious thoughts at bay.

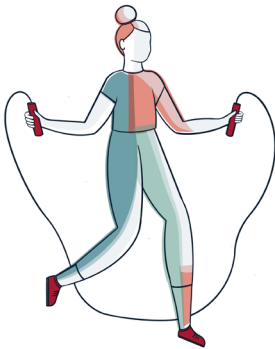
Happy, healthy hints

The New Economics Foundation has developed Five Ways to Wellbeing.



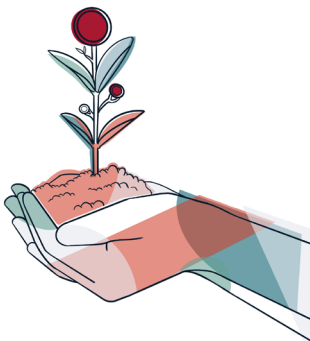
Connect

Stay in contact with loved ones and friends or make a new connection online through a hobby. Reach out to someone you haven't spoken to recently and start up a conversation, or try calling someone instead of sending a text or an email.



Be Active

Take part in regular physical activity to improve your mental and physical health. Whether its joining an online fitness class, going for a walk in your neighbourhood or just doing some light stretches each day, you'll feel better when you move more.



Take Notice

Dedicate some time in your day to really acknowledge the world around you, to strengthen and broaden your awareness. Whether you're at home or outside, embrace your environment and enjoy the moment.



Learn

Continued learning can encourage social interaction and enhance your self-esteem. Is there something you've always wished you could do, like playing an instrument or speaking another language? Now is the time to learn how.



Give

Participating in acts of kindness is proven to boost your positivity and overall sense of wellbeing. How can you give back to your local community or a charity that is important to you? They will have the benefit of your help and you'll feel better for doing it.