

# Practising (maintaining) the Five Ways to Wellbeing inside and outside of work during Coronavirus Lockdown



## 1. Connect

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school and in your local community. Think of these as the cornerstones of your life and invest time in developing them. *Building these connections will support and enrich you every day.* This is particularly important and challenging during this time of lockdown. The [guidance, information and advice](#) is clear that self-isolating means that we must only socialise face-to-face with those that we are living with. At work many of us are able to use technology to stay in touch and connected – think about skype /video to stay connected - interactive in conversation supports connectivity and contributing to wellbeing more than email communication, so be mindful in the way you use technological tools are they most enabling to keep self and others well? Outside of work connection is important too. Online platforms have sprung up to enable us to see friends and family. Creative means of staying connected e.g. the rainbows in the window free online activities such as free virtual choirs enable interaction – people to come (and sing) together For example [Gareth Malone's National Choir](#) or [For the Love of Gospel Virtual Choir](#) (join via FaceBook, Zoom and YouTube) (Not an exhaustive list). [Research](#) has shown singing can improve mental health and wellbeing – support a feeling of connectiveness

## 2. Be active

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. The current guidance says that everyone (in groups of no more than two from the same household) is able to go out each day for a walk, cycle or run. To keep moving during the working day is essential but outside of the working day, exercise is really important to maintain wellbeing, energy levels and mood. A host of free online group workouts are available via Instagram, Facebook and YouTube including [dance classes for all the family](#) and all types of dance including [ballet for all fitness levels](#), there are other classes too including for example [yoga for children](#) and [adults too](#). This exercise will work for some, but being active is not only about 'working out' and there's a huge range of different physical capabilities due to health conditions, age and ability. Finding a way to be active that suits you and can be sustained is critical. There is [the online PE class](#) and for disabled employees (and family members) the [Get yourself active website](#) is a useful resource – makes exercise inclusive . It should be noted that these are just examples of the resources that are free to access online – not an exhaustive list

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## Wellbeing Checklist idea

Each day keep a little note, what activities did you do both inside and outside of work that supported your wellbeing by being **connected**, being **active**, **taking notice** (of your feelings – including when you are feeling tired and needing a break or rest ), **learning** and **giving**

### 3. Take Notice (be curious)

Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you. This is often taken to be [mindfulness](#) [also see the resources on [TopDesk Wellbeing during Coronavirus](#) ]. In current circumstances it's hard not to worry about the future, of our home, our family, our community, our workplace. Taking some time each day to communicate, to talk about how we are feeling, at work, at home will be helpful. To acknowledge how we are feeling, [see [Emotional Agility](#) as see [Wheel of Emotions](#)] and to find the things we are grateful for each day is a useful thing. Particularly, at a time when we are all navigating a 'new normal'. [Keeping a journal](#) to take notice of how you are feeling can be useful to record feelings, habits, small acts of kindness and the things we are grateful for.

### 4. Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. As well as being fun, learning new things will help with resilience confidence Learning something new or improving a skill you already have is a way of shutting out the outside world for a bit and giving you a sense of achievement. In our working hours employees redeployed into the community will be making new connections and learning, employees in lockdown working from home, will be learning a new normal or 'way of doing' in [See the resources on [TopDesk Wellbeing during Coronavirus](#)] Working life balance is so important, so perhaps learning a new skill online, taking the opportunity to do more formal learning such as the [Open University](#) offers free or simply learning about and [visiting places, museums, nature and performances virtually](#), are additional ways to boost wellbeing at this time.

### 5. Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. There are many ways that you can help others while still following the guidelines inside and outside of the working day.. Extend thanks and [kindness](#) to people you are working with or who are providing a service . A popular family activity is the [painted rainbows](#) to stick in window – the latter a message of hope started by children and taking hold [around the world](#).