



Connect with people



Call /
WhatsApp /
FaceTime an
old (or new!)
friend

Collaborate with
someone
likeminded on a
shared project



Make a difference
to someone e.g.
volunteer as an Age
UK Digital Buddy



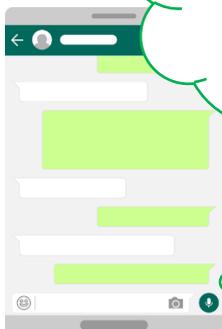
Give your brain a
buzz and sign up
to learn
something new
e.g. FutureLearn



Have a zoom chat
with a group (such as
the Library's Tea &
Coffee Hour on
Wednesdays at 3 pm)



Set up a WhatsApp
or other social
media group or
forum, to share
feelings and ideas



Volunteer as a
telephone friend for
isolated people. You
could try Volunteering
Matters



Get Creative

The Library offers craft sessions on an ad hoc basis, so keep an eye on [their social media channels!](#)



Try flower arranging



Lose yourself in origami



Make your own soap

Plant some flowers



Try an upcycling project

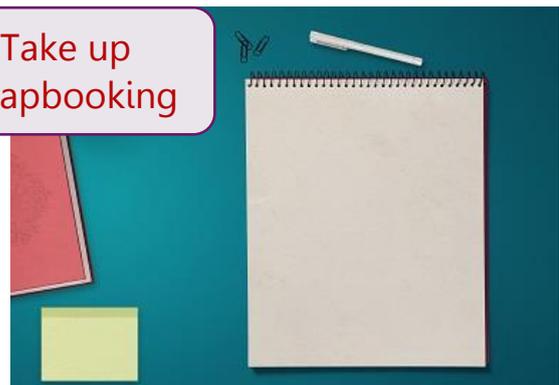


Make some jewellery



Make a collage

Take up scrapbooking



Find, or be, a good Listener

If you're the one talking

If you're the one listening

Find a safe,
private,
comfortable
space to talk

Share what
you're
comfortable with
sharing. You
don't have to
share everything.

Relax and feel
into what you
would like to
share.

Be thankful.
Listening is a
rare gift.

Try not to get
frustrated if you're
not understood.
The listener may be
doing their best.

Although there is
often context,
you don't need
to justify
feelings.

And don't feel
you need to do
anything or solve
any problem.

Make eye
contact so the
person knows
you're listening.

Remember you
are helping just
by being there
and available...

Try to listen
with your full
attention.

You don't
need to have
any answers...

...or any
solutions. In fact
it's often more
helpful not to!

Resist the urge
to tell your
own story!

...or think the
person needs
to do anything

I can be helpful to
paraphrase e.g.
"It sounds like
you feel ..."

Be grateful
to one
another

It's ok to check if
you've not
understood or
heard everything.



Try some *Mindfulness*

It aids concentration

Improves sleep

Improves cognitive ability

It helps you relax

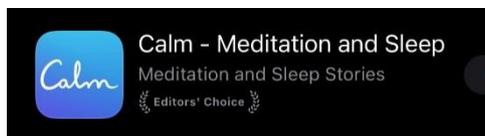
It aids memory

Improves motivation

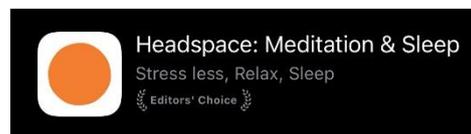
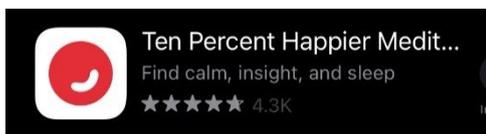
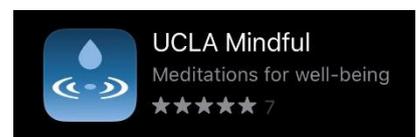
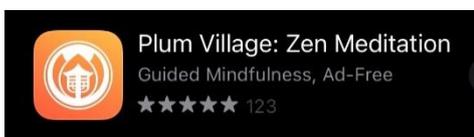
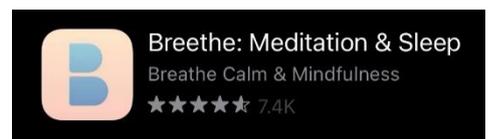
It reduces stress and anxiety

It boosts your immune system

It can decrease your emotional reactivity

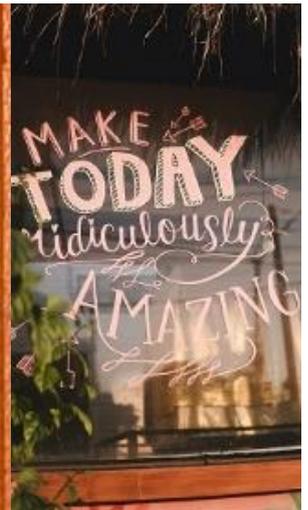


Download and try out one of these (or other) mindfulness apps...



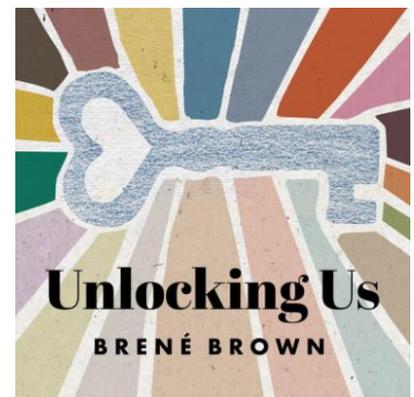
Get a boost of Motivation

Here are some quotes to boost your day. Don't stop here, find more that resonate for you!



Tap into uplifting speakers

Try some of these podcasts



Do some *Movement* or exercise

Take a walk

Just 20 minutes of increasing your heart-rate will be beneficial and get the blood pumping.



Or hike!

How about a longer walk, to make the muscles and heart work and change your mood. Try a daily target of 10,000 steps or a tough hill or two.



Go for a run...

If you're up for a run, it will strengthen your heart and improve your circulation. Find a good route in a park or around the local neighbourhood. Start with running/walking intervals if it helps.



Try an online work-out

Here are two examples to get started:

- *The Body Coach*
- *Get Buzzin' with Bez*



Yoga

Join [Valerie for live yoga](#) as part of the Library's well-being program. You can book in advance on [LibCal](#). They also have yoga playlists on their yoga channel for [beginners/all levels](#), and for [intermediate/advanced](#) practitioners.

Go for a bike ride

Cycling is great for boosting strength. If you have a bike, or can borrow one, take yourself a bit further afield...



Choose ways to *Nurture* yourself



Start writing in a Journal

Blare out your favourite song like no one is listening!



Get baking!



Make your favourite meal

Or bake something delicious



Go out on a discovery venture!

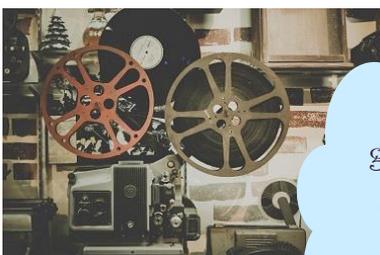


Go for a walk in the countryside; or, if you have to stay in, enjoy one of the [Library's outdoor well-being walks on YouTube](#)



Do some forest bathing

Watch the sun rise or set



Watch a good film / get stuck into a boxset



Walk a dog or hang out with a pet

Find ways to Rest & Relax



Wind down before going to sleep. Try some relaxation with [calm](#)



Take a long, hot, bubbly, relaxing bath



Lose yourself in a good book or audiobook



Go outside and smell the flowers!



Grab a mag that makes you smile or feel inspired



Create a relaxing environment



Chill out on the sofa, cushions, bed, floor...



Light a candle

