

PHYSICAL DISTANCING NOT SOCIAL DISTANCING

The current guidance issued by Government in response to the Coronavirus situation talks about **'Self-Isolation'** and **'Social Distancing'**. However as most of us will have already experienced this process is challenging, and where we have removed ourselves from the proximity of others we have also continued to connect and in many cases become more socially connected.

The real ask is therefore **not one of 'Social Distance' but one of 'Physical Distance'**. We need to remember this when looking after both ourselves and those in our care. We must 'physically distance' ourselves from others, but not disconnect from others. We also know that the single biggest risk to mental well-being is isolation and disconnection from others. It is essential we maximise opportunities for relational connection, whilst maintaining physical distance. This is no doubt challenging but something we can still look to achieve. A simple response to what we need to do is to:

CONNECT, CONNECT, CONNECT

Messages in supporting young people's well-being **"AIR"**

ACTIVITIES

Provide meaningful activities and a structure to the day

INTERACTIONS

Promote social connectedness, and opportunities to interact whilst maintaining physical distance

ROLES

Encourage development of specific roles and responsibilities

Follow these tips to support your own well-being, so that you are able to help others do the same

TAKE CARE OF YOUR BODY

CONNECT WITH OTHERS

TAKE BREAKS

PACE YOURSELF