


# HANDY 'TOP TIPS'


THOUGHTS FOR THE WEEK!

## DOING WHAT WE CAN – COMFORTING AT A DISTANCE


It can be so hard when we know that we ourselves are struggling, or that we have friends or family who are having a difficult time. While the normal things that we would do to help ourselves and others are still so restricted it can be really frustrating. However, there are things that we can do to help comfort others and receive comfort from others - even at a distance. Doing what we can is so important. When we can't give physical comfort, we can still do a lot.




FaceTime, Zoom, text or call someone who you know could do with a bit of a chat. Hearing a familiar voice can make all the difference. Remember to listen, to laugh and to love!





Think about the language that we use. Use comforting language. Also think about our tone of voice - this communicates a lot to the other person. Use this to reinforce the positives.





Write a letter (yes a physical letter) to someone who you may miss or is feeling a bit down. Decorate the letter with pictures or drawings and pop it in the postbox with a stamp.




Bake a cake/biscuits or buy some flowers and go and leave them on someone's doorstep. A Random Act of Kindness (RAK) not only helps the receiver but it also improves your wellbeing too.



Validate one another's feelings. Reassure someone and let them know that it is ok to have worries and it is ok to have a wobble - in fact it is completely understandable.



Build connection through 'play' - it could be a virtual game, a FaceTime cooking lesson with Granny or a bedtime story from a family member or friend who is not physically present. Connection is key to our wellbeing.



### THIS WEEK'S FAMILY CHALLENGE

Ask everybody in the family to think of one person who they think could do with a bit of 'comfort from a distance' at the moment. It could be a work colleague, a neighbour, a member of the family, a friend or key worker. Discuss what you could each do for your chosen person and see if you can support each other to follow through with those actions and ideas.