



# How to help a colleague who is feeling low during Lockdown

**01**



Encourage them to stay connected to their friends or family and support them to schedule time into their week to stay connected.

**02**



Work with them as part of a team to learn a new coping skill (e.g. deep breathing) and practise it with them online.

**03**



Encourage them to set some small and achievable goals that they can set and work through each week.

**04**



Identify a list of self care activities that they can engage in each day.

**05**



Be there for them. Be patient and understanding. If they need extra help support them through their doctor, the family service team or Employee Assistance Programme.

**06**



Work through an activity planner and schedule in some activities that bring a sense of pleasure and achievement.

**07**



Make sure they are taking care of themselves physically (sleeping well, eating healthily, being active).

**08**



Help them to find a new skill or hobby that they can look to master over the coming weeks.

**09**



Identify some activities they can take part in which will boost their mood.



## Further help

Employee Assistance Programme:

0800 243 458

Mind Infoline: 0300 123 3393

Samaritans: 116 123

