

### **Voice Memo 1:**

Intro- Hello/ greetings in local language, my name is **Asad** from the **Islington Bangladesh Association** and I would like to share with you some tips to...

### **Look after your wellbeing during these challenging times**

For our community the pandemic has been a very challenging time. After months of lockdown and social distancing, we're all tired, missing family and friends, worried about work and money, not able to go out.

Covid-19 has had a big impact on our mental, physical and emotional wellbeing. We are stressed, frustrated, down or lonely, but it's okay, you are not alone and we will overcome this pandemic together.

There are five things we can all do to look after our wellbeing:

First, connect. This means making time to catch up with a friend or family, or a neighbour. Hear how they are and tell them how you have been. Choose whatever way is best and safest for you to talk.

Second, be active. Simply go for a daily walk, walk the kids to school, or do some exercises at home.

Third, keep learning. Try a new recipe. Rediscover an old hobby. Sign up for that course.

Fourth, give. Do something nice for a friend or a neighbour. Thank someone. Give someone a smile. Volunteer your time or join a community group.

Lastly, take notice. Be curious about the world around you! Look at the nature around you – beautiful flowers, birds, trees.

Remember that it's OK to be nice to yourself! Do some things which make you smile and make you feel good.

There are a range of wellbeing resources on the Good thinking website at [www.good-thinking.uk](http://www.good-thinking.uk).

For more information on mental health and wellbeing support in Camden visit [camden.gov.uk/mental health and wellbeing](http://camden.gov.uk/mental health and wellbeing) or Contact Camden on 020 7974 4444 (option 9) Monday to Friday, 9am to 6pm.

This message was created and circulated by Camden Council Public Health.