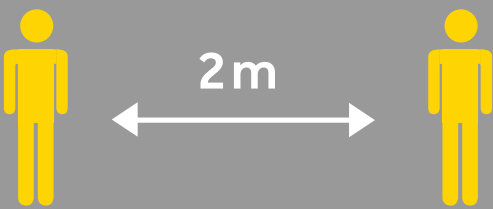


How to feel socially connected whilst being physically distanced

Physical distancing



Following government guidelines and remaining 2 metres away from anyone who is not part of your household.

Social distancing



This is not the same as physical distancing. You can still socialise with friends and family online or via the phone.

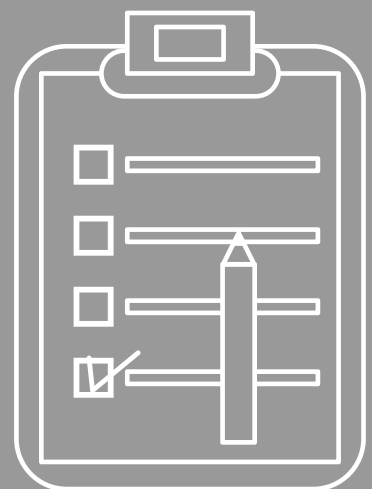
Using technology

- Schedule video calls with your friends and family into your diary
- Use video software to discuss assignments with your coursemates
- Play games or watch movies online with friends and family



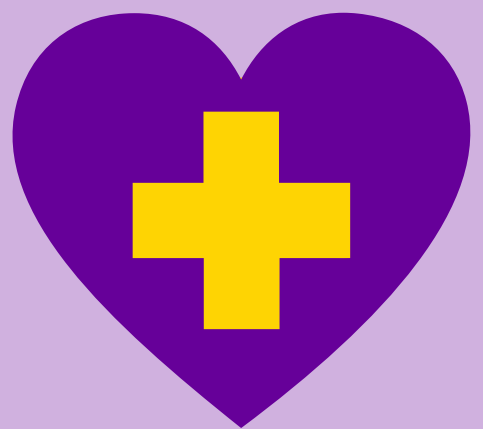
Maintain a routine

- Keeping a routine can give you a sense of stability and control
- Set specific times for work, rest and leisure time
- Create small, achievable goals for each day ([Free planner download](#)).



Protect yourself

- Focus on the long term rather than the short term
- Limit information seeking to certain points of the day
- Maintain protective behaviours like exercise and healthy eating



Be kind to yourself

- Acknowledge that your feelings are normal and justified
- Prioritise your self care and make time for activities you enjoy
- [Click here for Six Ways to Wellbeing activity ideas](#)

