How to feel socially connected whilst being physically distanced

**Physical distancing**

- Following government guidelines and remaining 1 metre or more away from people who aren’t in your household or bubble.

**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

**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
- Check out the Six Ways to Wellbeing pages for activity ideas

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