

## How to have a Wellness Chat?

Thank you for joining the Wellbeing Team. It is so important to help people to maintain their Wellbeing during this time and we hope that we can help to do this by providing online Wellness chats.

The purpose of the Wellness chat is to provide to person in need with connection, a space to offload, empathy and understanding but also some gentle encouragement to help them make positive changes that will improve their functioning during this time. It will also be important to encourage and instil hope for the future whilst also recognising how difficult life may be for them in the present.

We have a Wellness plan which has been adapted for when people are self isolating or when social distancing is taking place, which can be used to structure the chats. It focusses on the person's area's of need, so we can get a clear picture of how they are functioning and what their difficulties may be but also concentrates on the positives which is so important for us all to do at the moment.

It will be important to try and end the conversation on a positive note which is why we end with helping others

The plans looks at the following area and some example of possible answers are included:

Mental Wellbeing: What the person might be finding difficult at this time (*example feeling low due to not seeing friends and feeling isolated*)

Mental Wellbeing: What happens to them if they start to feel low or anxious? (*negative thoughts, anxiety symptoms, struggling to sleep*)

Spiritual Health: What will help them in their relationship with God? (*listening to worship and reading psalms*)

Activities: What activities are good for them to maintain self care, be productive, gain enjoyment? (*having a bath is relaxing, going for a walk and writing in a journal is helpful*)

Relationships: What online church group can they be part of?, who can they stay connected with,? who can they help/support? (*part of a men connect group meeting online, has 2 good friends and good relationship with Mother, can support mum with shopping as she is isolating*)

The questions in the Wellness plan, acknowledges the "5 Ways to Wellbeing" recommended by the NHS which states that if we engage in the following 5 activities regularly, it has a positive impact on our mental wellbeing.

It would be useful to also remember these when carrying out our chats:

Connect - *Connecting with others around us and having meaningful relationships.*

Give- *To care for others, provide support and show appreciation to those around us.*

Learn - *To learn new skills, this may include reading a new book in the bible or listening to a podcast to focus also on spiritual health or cooking a new meal*

Be Active- *Importance of physical activity on mental health. Difficult due to current restrictions but can still happen every day even if we can't go to the gym or out shopping. Going for walks, into nature, doing home based exercise.*

Take Notice- *being mindful. Having the opportunity to slow down might be the right time to take in what's around us, and slow down racing thoughts. Could be sitting in the garden or doing christian mindfulness but is about focusing on the here and now. (There is a christian mindfulness script available you can read out if this would be helpful)*

Therefore if we can encourage the person to engage in activities in each area it will hopefully help their wellbeing. Once you complete the chat, it will be important to summarise the answers from the plan under each heading as shown above and send to [pastoralcare@renewalcc.com](mailto:pastoralcare@renewalcc.com)