

<p>What am I finding difficult at the moment? <i>(Examples: Lack of social contact, feeling anxious about my health or having enough food and essentials)</i></p>	<p>What usually happens if I start to feel low or anxious? <i>(Thoughts, feelings, behaviours, physical symptoms)</i></p>	<p>What will help me in my relationship with God? <i>(Reading bible, praying, listening to worship music, Christian mindfulness script)</i></p>
<p>What activities are good for my self care? <i>(Examples: Having a bath, eating well, having a structure, exercise? (Try and do these daily)</i></p>	<p>What can I learn or do to be productive during this time? <i>(Read a book of the bible, listen to a podcast, write in a journal/prayer journal, cook a meal from scratch)</i></p>	<p>What activities do I enjoy doing that I can continue? <i>(Examples going for a walk, sitting by a lake, watching a film, do a puzzle)</i></p>
<p>What online church group can I be part of? <i>(Try and access support from a church group at least once a week)</i></p>	<p>Friends, family I will stay connected with via phone: <i>(Try and speak to at least one person a day either by phone call or text)</i></p>	<p>Who might need my help during this time?</p> <p>What can I do to help them?</p>

Connect Group Leader _____

Wellness Plan for Social Distancing