

## Who might need a Wellness Chat?

The sudden changes to everyday life caused by Covid-19, along with uncertainty of the future is likely to have an impact on us all. However for people who are vulnerable to mental health difficulties the coming weeks and months may be extremely difficult.

As a pastoral care team, we want to ensure that people have the support they need during this time and would like to offer regular Wellness chats to people who may need it.

Outlined below are 3 key reasons why people with mental health difficulties such as anxiety or depression may struggle to function at this time and therefore may require a Wellness chat:

**Less Engagement in Satisfying Activities:** When our daily routine does not consist of satisfying activities, it can have a negative effect on our wellbeing. The changes in routine caused by social distancing measures, may have a particularly negative impact on people with mental health difficulties, as they may already find maintaining a routine difficult. The lack of structure to their day may lower their mood which may cause them to withdraw further from activities. People may neglect their self care which may cause their mental health deteriorate further. Activity can also be a great distraction from difficult thoughts and therefore social distancing may contribute to longer periods of time to dwell on negative thoughts which may cause low mood or anxiety to increase.

**Reduced Social Interaction:** Isolation from other people can increase mental health difficulties. Positive relationships and connection to others are key to maintaining our wellbeing. The current advice to stay away from social contact where possible is a concern for people with mental health difficulties as they may rely input from their relationships, and the support and care they usually receive. This lack of contact or feeling disconnected from others is likely to have a negative impact on their mental health.

**Stress and Anxiety:** The uncertainty that Coronavirus has posed on our health, our finances, the health of our loved ones and our job stability has an impact on us all but for someone struggling with anxiety, this may be completely overwhelming and may result in a breakdown of their functioning. Also as stress levels increase other mental health symptoms such as psychosis which may cause people to experience delusions or hear voices may also increase.

### **Signs which may indicate someone would benefit from a Wellness Chat.**

**Self Neglect:** Has the person stopped eating/ drinking regularly? Is their sleep pattern disrupted or have they stopped maintaining personal hygiene?

**Thoughts:** Is the person expressing difficult thoughts, paranoid or suicidal thoughts? Do they seem to have lost touch with reality or have they reported hearing voices?

**Mood/ behaviour:** Is the person tearful? Have they become flat or withdrawn? Have they become very anxious or seem like they are struggling to cope?

The aims of the Wellness chats will be to help the person address the area's above in order to help them to maintain their functioning as much as possible. If you feel that someone who you are supporting may need a Wellness chat please contact..... If you are unsure of risk please refer to the risk assessment document on the churches website.