

## Caring for Others

Caring for others can really help to maintain or even build healthy relationships with others. You may even find that caring for a pet can improve your wellbeing too. You can build a strong bond with your pet. You may also find having a pet can help with bringing some structure to your day and may help with connecting you with others. For example, lots of people make friends by chatting to other dog walkers. There are lots of ideas and examples of how to be caring in this article.

### Be Caring and Kind to Family and Friends

- Call a family member or friend that you have not spoken to in a while
- Tell someone how much you appreciate them or tell them something that you really like about them – or you could do both!
- You could host a virtual quiz through Zoom or Skype for example and invite all the family and friends to join in
- Send an inspirational quote to family or friends
- Send a joke to a family member or friend



### Be Caring and Kind at Home

- Make a drink or cook a meal for someone in your house
- Help with some of the household chores where you can
- Spend some time playing with your pet
- Try and make people in your household laugh and smile

### Be Caring and Kind to your Work Colleagues

- Give praise for work that an individual has produced wherever you can
- Just call a colleague to see how they are getting on with the current situation and if they need any further support
- When having a meeting with a client or speaking to a customer ask how they are doing
- Have a virtual lunch video call with a colleague

## Be Caring and Kind to your Community

- You could donate to a charity or take part in some fundraising using any skills or interests you have
- You could offer support to a vulnerable neighbour
- Donate or get involved with helping foodbanks
- You could order a gift or meal to be delivered to someone in your community
- You could teach someone a new skill via video call – for example if you play a musical instrument could you teach someone else to play via video call



## Be Caring and Kind to Yourself

- Display positive messages where you will regularly see them
- Write down three things that you appreciate about yourself
- Make sure you spend some time doing something that you enjoy at home
- Look for any positives from the current lockdown – Try and find something positive
- Do something that makes you feel good – It could be something simple like dressing smart for a video call
- Try to smile and laugh as much as possible whether you're speaking to someone on the phone or just looking back at pictures or memories for example

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.