

# COVID-19

## Social well-being

### Introduction

**Whether you're still working onsite, working from home, or if you've been furloughed, COVID-19 is going to have an impact on your well-being, so it is important to take action to help get yourself through these uncertain times.**

You may be isolating alone and not seeing people that you normally would, or you may be finding yourself spending an increased amount of time with the people that we live with. These changes are unsettling and potentially stressful; here are some tips to boost your Social Well-being during these unprecedented times.

### Embrace technology

**There is an overwhelming amount of technologies available to help boost our social well-being during isolation.**

There are many collaborative work platforms to help with remote working, such as [Zoom](#), [Microsoft Teams](#) and [Skype](#). This may be completely new to everybody using them and it is important to understand that some people may struggle getting to grips with these new techniques. There are a range of resources online, such as the [Video Conferencing Etiquette Guide](#) published by Owl Labs, that can help you adjust to this remote way of working.

Video calling has been a lifeline to many people, being able to see the person you are talking to can make a huge difference to how the communication feels. You are less likely to get distracted and more likely to engage and have a meaningful conversation. There are numerous ways that you can video call people for free, such as [FaceTime](#) and [WhatsApp](#).

Use these digital platforms to have fun with family and friends too! Utilise the [Facebook Live](#) feature by hosting a virtual quiz or to watch musicians playing live gigs, or host a group get together using the free [Houseparty](#) app or the virtual pub that CAMRA set up, [The Red \(on\)Lion](#), where you can also play games together.

If you are tech savvy, try to help those around you to use these technologies, and if you aren't, then ask someone who is to talk you through it.

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## Nurture relationships

**Relationships require work, even more so during the COVID-19 lockdown. Whether that is having to make time to connect with people you would normally see regularly, or having to adjust to relationship dynamics where you are now spending the majority of your time in lockdown together, these can be testing times for all relationships.**

The [Mental Health Organisation](#) has a great guide to investing in your relationships. It covers different relationships such as partners and work colleagues; and teaches you the “Five universal tips for maintaining healthy relationships” and how to implement them. The five tips are:

- Give time
- Be present
- Listen
- Be listened to
- Recognise unhealthy relationships

## Look out for each other

**Be aware that these are difficult times for all of us, and we are all in this together. This national pandemic has brought out a strong sense of community which is uplifting everyone – try starting or joining in with some community actions to help those around you as well as yourself:**

- Check in with other people to see how they are – this could be a very lonely time for them, so try to schedule some time to contact people you may have concerns about
- Reconnect with people you have not spoken to in a while – having conversations with different people can ease the feelings of isolation
- Find an accountability buddy: this could be for motivational purposes to keep each other on track for work or working out; someone that you agree to contact in some form each day to make sure that you are both OK; or someone that you know is there for you and will give you a sense of solidarity
- You may find that you are feeling irritated or overwhelmed by the constant togetherness of being with those you live with, so it may help to agree who is going to use which parts of the home at different parts of the day

## Social doesn't have to be personal

**Your social well-being can be boosted in many ways – just hearing other people having conversations can help.**

Try tuning in to talk-heavy radio stations and listen to people having real conversations about real topics, rather than listening or watching dramatized content.

You can also download podcasts on subjects that interest you. According to Podcast Insights, there are currently over 30 million podcast episodes available, so have a look around the topics that appeal to you and give some a try. The [BBC](#) create podcasts, [TuneIn](#) is a great platform for finding podcasts, and [Esquire](#) magazine recently issued a list of their best podcasts.

And finally, just be kind to yourself and others during this time.

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## Useful resources

### How to make a video call on your computer or smartphone:

[www.which.co.uk/news/2020/03/step-by-step-how-to-make-a-video-call-on-your-computer-or-smartphone/](http://www.which.co.uk/news/2020/03/step-by-step-how-to-make-a-video-call-on-your-computer-or-smartphone/)

### Owl Labs tips for video conferencing:

[www.owllabs.com/blog/video-conferencing-etiquette](http://www.owllabs.com/blog/video-conferencing-etiquette)

### The Mental Health Organisation guide to investing in relationships:

[www.mentalhealth.org.uk/publications/guide-investing-your-relationships](http://www.mentalhealth.org.uk/publications/guide-investing-your-relationships)

### The Mental Health Organisation guide to relationships during the coronavirus:

[www.mentalhealth.org.uk/coronavirus/nurturing-our-relationships-during-coronavirus-pandemic](http://www.mentalhealth.org.uk/coronavirus/nurturing-our-relationships-during-coronavirus-pandemic)

### CAMRA's Virtual Pub – The Red (on)Lion:

[www.theredonlion.co.uk](http://www.theredonlion.co.uk)

### Podcast Insights:

[www.podcastinsights.com/podcast-statistics/](http://www.podcastinsights.com/podcast-statistics/)

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