

Recognising and Supporting Wellbeing Virtually



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HIGHLIGHT. PROMOTE SELF HELP STRATEGIES THAT SUPPORT WELLBEING AND ALWAYS ENCOURAGE HEALTHY SLEEP, DIET AND PHYSICAL EXERCISE.

E

EVERY INTERACTION IS AN INTERVENTION. SPECIFIC POSITIVE COMMUNICATION, FEEDBACK AND PRAISE CAN CREATE REPEATED EXPERIENCES WHICH FORM HABITS AND IMPROVE WELLBEING.

L

LOOK AT THE SIGNS. ACTIVELY NOTICE SIGNS THAT INDICATE TO YOU SOMEONE IS EXPERIENCING LOW WELLBEING E.G. REDUCED ASPIRATIONS, LOWER CONCENTRATION.

P

PROACTIVITY. WHEN SOMEONE NEEDS HELP, PROACTIVELY SUPPORT THEM. THIS CAN ESTABLISH SUPPORTIVE MEASURES THAT HELP PREVENT PROBLEMS ESCALATING.