

**Gaddum  
...Therapy**



**I know. It's a challenging time  
right now.**

**But I'm here for you.  
Yours, Gaddum.**

0161 834 6069 | [info@gaddum.org.uk](mailto:info@gaddum.org.uk) | [gaddum.org.uk](http://gaddum.org.uk)

**Hi. I'm Gaddum.**

**I understand that everything is a bit strange right now, so I have some tips to help...**

Here are some tips for maintaining your wellbeing right now. To see the full document, with helpful links, resources and information, click [here](#).

## **Connect**

Staying in touch with friends and family is so important right now. Connecting over video call allows us to actually see the people we are talking to, making us feel closer to them, despite the distance between us all right now.

## **Give**

Giving back can give us a real boost. Why not have a look at what you can do to help others at this time? Perhaps you could get someone's shopping while you do your own, pick up medication from the pharmacy? Maybe get creative and make something for someone.





## Be Active

It's important not only for our physical health but also for our mental health to stay active. It doesn't just mean doing a sport or a hard-core workout. It could mean doing some gardening, going for a nice walk/bike ride, or even doing some yoga. There are lots of different options, so find what suits you best and what you enjoy the most!

## Take Notice

Tune in to your surroundings. Ground yourself in the here and now. What can you see? Smell? Hear? Are there things you haven't noticed before? Tune in to this and really focus on the senses that it's engaging. Being more mindful will help you to feel less stressed, and is a great way to take a bit of time out for yourself. You can do this whilst out for a walk or doing the washing up; absolutely anything really.

## Learning

Continuing to learn new things is really good for our wellbeing. Was there something you were interested in learning about, but never got around to it? Why not have another go now! It could be anything. Add some fun to it as well – who said learning had to be boring?

## Reach Out

If you need some support, don't be afraid to ask. Here at Gaddum, there's a lot of support on offer, across our different services. There is support for carers, counselling being offered via telephone/online, and our advocacy service is still open as usual.

There are also grants that can be applied for, for those who are struggling financially. Visit [Turn2Us](#) and their grant search to see what grants you may be eligible for if you or someone you know is struggling.





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## **Remember, it's OK...**

It's OK to not be OK right now.  
It's also OK to laugh and smile, even though the world feels strange.  
However you feel is OK, and there is nothing to be ashamed of. If you need to talk to someone and you aren't sure where to turn, give us a call.

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[info@gaddum.org.uk](mailto:info@gaddum.org.uk)

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