

## STAY CONNECTED TO THOSE IN YOUR HOME

Speak face to face

Smile! It releases Oxytocin

Look at each other when speaking

## KINDNESS & SUPPORT

Be kind to others and yourself

Look for opportunities to do kind acts for others

Help others be more realistic, balanced and helpful in their thinking

Connect people to home, school or external supports

## MAINTAIN FACE TO FACE CONTACT

Seeing and interacting with others, even on screens, has the following benefits:

releases oxytocin

Relieves stress and anxiety

Improves mood

## BE AN ACTIVE LISTENER

Paraphrase to show understanding

Demonstrate concern for others

Nod, use eye contact, lean in to show you're listening

Ask questions

## SHARED ACTIVITIES

Watch a movie at the same time or have a planned coffee break

Read the same book

Exercise to the same routines

Talk about plans and goals

## CHECK IN ON OTHERS

Send a text to those in your close – and not so close friendship circles

We're all Scotchies in this together

Offer a time for a Facetime chat

# SCOTCH FIT



# SOCIALLY FIT

## BE CURIOUS

Learn about your family history

Ask questions about challenges, overcoming, growing up

Learn a new skill as a family or a group

Develop a new appreciation for art, cinema, language, history, music

STAYING CONNECTED IN A TIME OF PHYSICAL DISTANCING THROUGH SHARED ACTIVITIES, KINDNESS AND MUTUAL SUPPORT.



# Scotch FIT

Wellbeing at Scotch is characterised by maintaining a balance between the resources we possess and the challenges we face. The Scotch Fit framework reminds us that wellbeing is a multi-faceted construct.