



## TAKING CARE OF YOUR SOCIAL WELLBEING

Business in the Community promotes a whole person approach to wellbeing that includes mental, physical, social and financial aspects. All these areas of your wellbeing may be at risk due to COVID-19. The following are steps to encourage good social health.

### Stay connected

Maintain contact and interaction with others during work time. Video calls and group chats will give you a sense of community. Connecting with and looking after each other can be a huge comfort.

### Check in regularly

With others who are self-isolating

### Get a work buddy for the week

Catch up via phonecall over a coffee or walk. Switch buddies from week-to-week and avoid business chat if possible

### Share positivity

Be mindful that some colleagues, friends and family be limiting their news intake. You might want to ask them beforehand if they're happy for you to talk to them about current affairs.

### Stay connected online

Ofcom has provided some [tips on how to manage your data use](#) to help everyone get the internet access they need

**For more information, support and guidance in relation to COVID-19, visit [www.bitcni.org.uk](http://www.bitcni.org.uk) or contact [info@bitcni.org.uk](mailto:info@bitcni.org.uk)**



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