

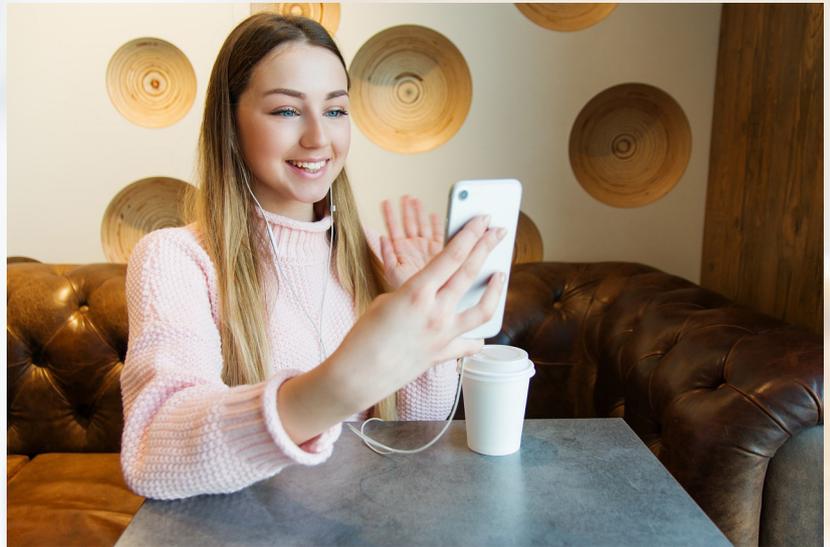


Wellbeing

COVID-19

Time for a cuppa?

It's difficult to imagine anything more ordinary than grabbing a good old cuppa. For many of us, a cuppa forms part of the rhythm of our day. It's how we start. It's how we identify mid-morning. It's the afternoon treat. Right now, we may not be able to nip to our local favourite café and order our preferred coffee of choice and we certainly can't call a friend and ask them to meet us there. But we can have a virtual cuppa together. It's simple really, so here's how to make it happen;



Firstly – agree a time to meet and which app you will use. It has to be visual; FaceTime, WhatsApp, Facebook Messenger, Zoom, or Skype video are all options - it is the visual bit that matters. Seeing each other helps us feel connected as human beings and is way more powerful than a disembodied voice on the end of a line.

Secondly – this may sound like extravagance but make yourself as close to your very best cuppa that you can. You deserve it, so pull out all the stops. If you like frothy coffee do that! If you prefer Lapsang Souchong tea, that as well. Whatever is your thing, go for it. You can compare and contrast your barista skills with your friends!

Thirdly – try to chat about all the ordinary things, like friends normally do. Check-in. See how people are. Get past the 'work' mode. We seem more able to say how we are actually feeling to our friends over a cuppa than being asked 'how are you?' in a more formal call. And because our friends can see us, they won't let us get away with a 'I'm fine' if they can see we aren't!

Fourthly, and finally - there is no way that calls like this aren't fun as well. They have the effect of renewing our energy and giving us plenty to laugh about – not least because of people's varying degrees of tech skills! So, enjoy your time of connection. You might like to play games together. Let it be good for your soul. Let it fill you up. And arrange to meet again; make it a regular feature – weekly, fortnightly. Whatever works for you.

And when we are all at the other side of this Coronavirus pandemic, we will appreciate even more the time we have together over a cuppa just across a table from one another.