

If you are lonely / worried whilst self-isolating, please do keep in touch with others. You can, of course, call Jane on 0115 9631503 or Martin and Ann on 0115 9636643. Do leave an answerphone message if they are unavailable to take your call and they will get back to you ASAP.

You may like to look at a series of reflections on how to cope with anxiety and loneliness in the face of the coronavirus pandemic, including simple Christian meditation techniques, that has been published by the Church of England.

They give five tips for tackling loneliness and isolation:

1. Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.
2. Talk about how you feel. This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. [Samaritans](#) are there 24 hours a day, every day, and it's free to call them on 116 123.
3. Focus on the things that you can change, not on the things you can't.
4. Look after yourself - physically, emotionally, spiritually. Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. Look after others. Even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.

For the reflections and more information, click [https://www.churchofengland.org/sites/default/files/2020-03/10961%E2%80%A2Mental%20Health%20Reflections WEB.pdf](https://www.churchofengland.org/sites/default/files/2020-03/10961%E2%80%A2Mental%20Health%20Reflections%20WEB.pdf)