

# Tackling Loneliness

## Wellbeing cards

- Making decisions confidently
- Confidence: Connecting with others
- Problem solving
- Coping with change
- Reflections skills
- Creative activity: Changi Quilt

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British Red Cross support line **0808 196 3651**

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## Making decisions **confidently**

The chart below shows how you can be confident when making decisions.



Write down how you can use the steps above in the future.

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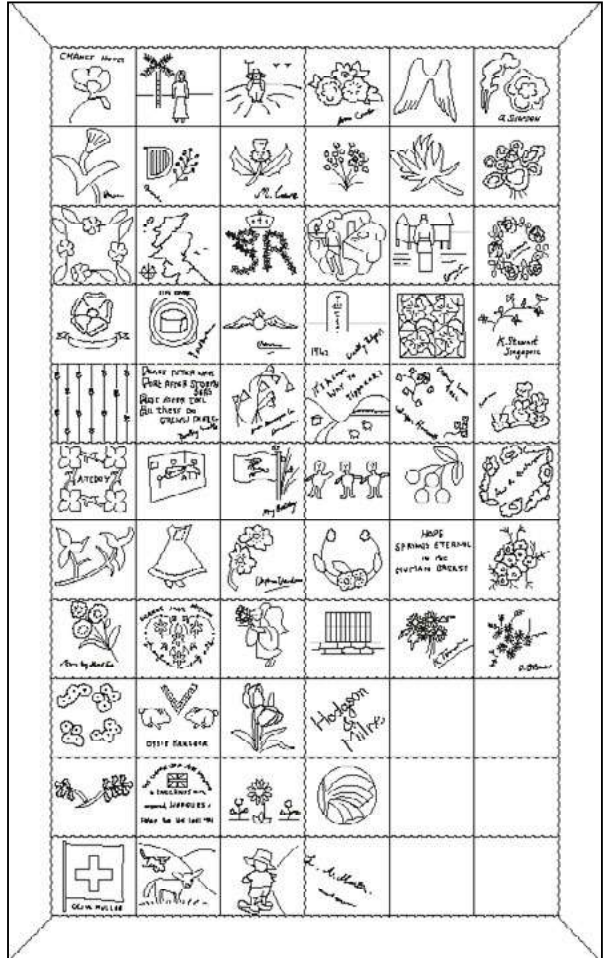
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## Creative activity – Changi Quilt

This is the Changi Quilt, made by women held captive during the Second World War. Each woman made a square, which contained messages for their husbands

Colour in the quilt below – some panels have been left blank for you to add your own message about what matters to you.



### Reflections:

How did the quilt help the women in stressful times?

What helps you in a stressful time?

How can you share these activities with others?

What are the benefits of working together?

[www.changi.redcross.org.uk](http://www.changi.redcross.org.uk)

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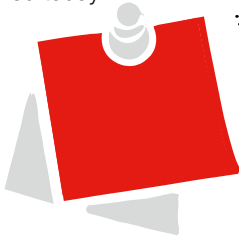
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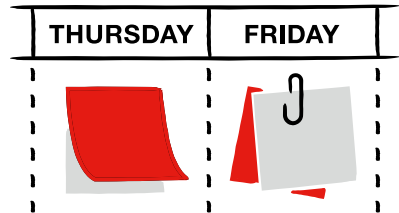
## Reflection skills

Reflecting on our successes helps us to cope better.  
Here is a method to help you to do that.

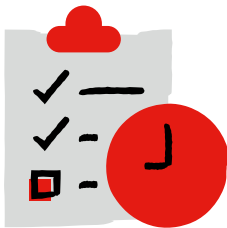
1. Write down what you have achieved today



2. Now write down what you want to achieve tomorrow and next week



3. Check your notes in the morning to remind you what you want to achieve



4. Reflect again at the end of the week. How have your plans changed?



How could this method help you to achieve your aims?

You could use this to help choose new skills to learn, or groups you might like to join.  
How it will help you find out what those are?

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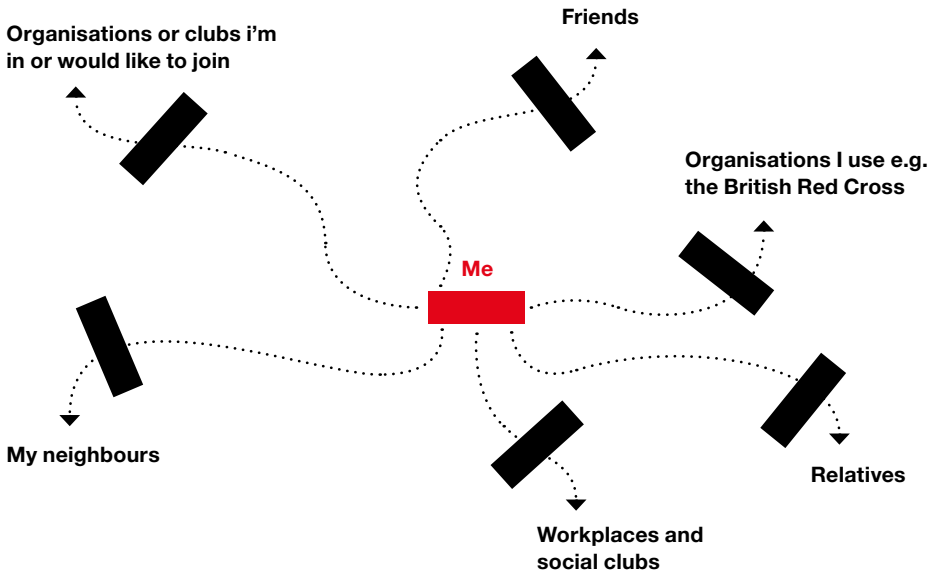
## Confidence Connecting with others

We know many people who can help us, or who we can help when they are struggling.

Write down the names of the people you are connected to.

What do they do?

How can you still connect with them?



Think about **how these people help you.**  
Then write down **how you help them.**

Who else would you like to meet?

How can your connections help you?

What can you do to help them meet you?

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## Problem solving

**1** Sometimes problems can seem so large that it is hard to know where to start.



**2** Break the problem up into smaller parts.

For example, going shopping can be broken into: making a list, organising transport, getting enough bags ready



**3** You can solve smaller task more quickly and easily.



**4** You can then solve the whole problem more easily.



**5** Think of a problem where doing this might help. How can you break it up?



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## Coping with change

1. Consider a recent change in your life



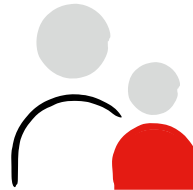
2. Write down all of the positive and challenging emotions you had about it



3. Consider why you felt like that

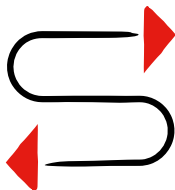


4. Think of all the people and resources you have that can help you cope with changes

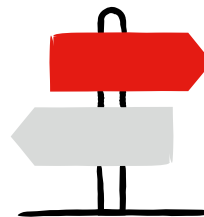


This could include friends, family, doctors, the internet or television

5. How will they help you to cope well with more changes?



6. What might you do differently in future?



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