We know how important good relationships are at a time like this and yet it's harder than usual to stay connected. Here are some of the challenges we hear you are experiencing, and some suggestions that may help. Do share other stories or ideas so we can all learn from each and get through this more easily!

What spaces do we still have? What have communities around the world done to connect under lockdown?

Lots of us are scared at the moment. Anxiety is a normal human response in this situation. No need to add shame and guilt on top.

"The regular shared activities were helping us feel more of a community, but they are diminished now"

Make the small amounts of contact that you do have, at a distance, really **count**. Necessity is the mother of invention - we will find new ways, or redisocver what previous generations did, or other cultures do!

"The familiar spaces and opportunities to talk have become very limited" (now we need to be more creative)

Relationships attachment belonging

We are all fearful of catching it or giving it to each other. It is the 'not knowing' that is difficult, so we all need to be careful, to protect everyone.

"It feels like in trying to take care of ourselves we have less time to care for others.." (but we are doing the best we can)

"Our availability to others is dimished through fear of catching the virus"..(but our openness need not be)

...Taking care of others IS taking care of yourself. You will feel better by caring, by feeling useful, by turning up for work and doing your job well, or by helping in whatever ways you can. Small acts have BIG impacts

"The CJS organisation is in 'command' mode.Theres little room for discussion and reflection..." (take the opportunities you can)

...When rules and procedures dominate, we need to spend even more time being human with everyone, reflecting, agreeing how to live together, feeling part of a caring community