**A faith perspective on wellbeing**

Though self-isolating may at times be hard, many people of faith, and of none, are discovering that it presents an opportunity to slow down, pause and reflect - and to do things differently.

Aidan Mews, of the Christians in MoJ Staff Network, gives his perspective:

**A Christian perspective on wellbeing:**

The Bible has a lot to say about wellbeing. For example, it talks about:

* Getting enough rest and taking breaks.
* Staying healthy mentally, physically, emotionally and financially - as communities, as well as individuals.
* The importance of setting the right priorities.
* Focusing on what is good and life enhancing, relying on trust rather than fear, and not worrying.
* Lifting our perspective by praising God and bringing our needs to Him in prayer.
* Reading and meditating upon the scriptures which are a source of inspiration, growth and support.
* Joy coming from a secure sense of identity, a clear direction and hope for the future.

**Staff Network activities at a time of social distancing and self-isolation:**

Like other groups, the Christians in MoJ Staff Network has started to “meet” in different ways:

* in-person events have been replaced with virtual / telephone conference ones which have enabled more people to be able to come;
* a WhatsApp group allows us to encourage and support each other and make prayer requests in real-time;
* running webinars on pertinent topics such as ‘Wellbeing As a Lifestyle’ (this one in association with Christians in Government UK so civil service staff outside MoJ can also benefit) These have also helped us feel part of something bigger when we might be spending more time alone.
* introduction of an online prayer request form so MoJ staff can submit requests anonymously. We have so far received quite a few requests for people who are sick / bereavements.

We are also looking at introducing coffee roulette amongst our network membership.