

# Safeguarding Adults Week 2020

## 7-minute briefings

### Background

Wellbeing is defined as the state of being comfortable, healthy or happy and safeguarding means protecting someone's health, wellbeing and human rights.

There's a strong link between safeguarding and wellbeing; if someone's wellbeing is suffering, they may consider certain actions that put them at risk.

### Why it matters

Now, more than ever, it's important that we look after ourselves and others. If we know how to spot the signs that someone is not doing so well, we can ask 'Are you ok?' and start a conversation in order to ensure that person receives support to improve their state of wellbeing and in turn safeguard them from harm.

### What to do

Sometimes people can feel that things are too difficult and be unable to put self-help tips into action; in this case, it is important that they [seek help](#), support and treatment as necessary.

If you think someone is struggling, you should speak to them about it. Even if they aren't ready to talk at that time, they'll know you're there for them. Once they start to share how they're feeling, it's important to listen – visit the [Samaritans](#) website for some active listening tips.

Information on local and national support is available via the [Mental Health Info Point](#).



### Information

The NHS describe [5 steps to mental wellbeing](#):

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

What are the signs that someone's wellbeing is suffering? (Source: [Rethink](#))

- Anxiousness, irritability, mood swings
- Sleeping and/or eating too much or too little
- Not wanting to be around people
- Being unable to cope with daily life
- Difficulties concentrating and remembering things
- Self-harm, suicidal thoughts

MIND provide some [tips for improving your mental wellbeing](#):

- Relax and reduce stress
- Find ways to learn and be creative
- Spend time in nature
- Connect with others
- Look after your physical health
- Try to get enough sleep