



## Mental Health Matters: Zooming along together?

Hello! I'm Em Flint and I'm a Community Development Worker at Recovery Devon and a friend to the MHM project.



I'm aware we've been recently reflecting on being 'good enough' and I've been thinking how that applies to how we connect with others, too. If you've ever studied how babies attach to the adults who care for them, you might be familiar with [Winnicott's model of the "good enough" parent](#) – one that is reliably comforting, with occasional lapses of attention or patience. In these lapses, a little one can build tolerance to human frailty, and start (with healthy protest!) to exercise their ability to resource themselves. So it's said that "good enough" is much better for our developing selves than "perfect." ... and far more realistic!

[\(Click here for a lovely example of a "good enough" conversation\)](#)

Covid has given us plenty of experience now with lapses and imperfections. This last year has thoroughly tested our ability to resource ourselves - from the scarcity of small things (like sourcing loo roll – anyone else back to raiding a box of Kleenex?), through the handling of bigger things (as anyone who has tried to celebrate a significant birthday, attend hospital, or sit an exam will attest). Our go-to places, and 'wellness resources', familiar routines and objects by which we move through our days, are often changed, scattered, or even absent.

So it can be exhausting to think there is yet one more thing to learn, one more change to adjust to. I suppose the trick is to

discern which little efforts lead to improvements. I remember my great-grandma finally allowing a telephone into her little



miner's cottage in the Rhonddha. When she heard the "nasty Bakelite lump" in the corner sending her great-grandchildren's Christmas carols down the line, everything changed.

Yesterday I sat on a bench near a friend who has been very lonely. She talked, she swore a good deal. I listened. We looked out at the view together. I realised that chatting online may help her through lockdown 3, but she was afraid to try. "I'm no good with tech," she said. Well, I said, I am good with it. If I email you a link, are you willing to click on it and see what happens next? She was. And that evening I told her a very, VERY rude joke... over Zoom.

We are all missing the hugs, the crowded tables, the stopping to chat at the shop. But there's an opportunity to discover each other in new ways, too. At Recovery Devon we hear this mixture, and I'm always surprised at how online chatting unearths as many opportunities as frustrations.

### How to prepare for a Zoom meeting



If you're interested in using Zoom, I'll soon be offering BradTog a "play and learn" session to have a go without pressure. Please let us know if you are interested or curious; I'd love to say hello. It's not a perfect way to connect – but it's "good enough" for now – and for some people, it's actually a whole new world of opportunity.

All good wishes from Em Flint of Recovery Devon CIC  
For BradTog MHM