



step into  
wellness

Over 18 and want to  
improve your health  
& wellbeing? We've got  
the programme for you!

## Paula's Story

Paula's path to Social Connection

02.04.2026

### Supporting Paula on her Journey

Paula is a 78-year-old woman from East Cornwall, who has been grappling with health anxiety since the onset of the Covid epidemic. This anxiety has affected her ability to socialise and participate in community activities & groups. **Over the years, she has felt increasingly disconnected from friends and acquaintances, leading to feelings of isolation and loneliness.**


Paula contacted the Community Gateway, which referred Paula to Step into Wellness. Following a conversation with Paula, where we discussed anxiety and her difficulty attending in-person sessions, we arranged an online 1:1 Step into Wellness program tailored to her needs. Over the next six weeks, Paula participated in six sessions where we explored various ways to enhance her wellbeing and discover new activities.

### Goals and Connection

It became clear that Paula's primary goal was to foster connections and feel part of a community in a manner that was comfortable for her, while managing her anxiety surrounding germs and health concerns. **Finding sustainable activities that did not heighten her anxiety was key, and we aimed to engage with her existing interests and passions.** Through our conversations in the 1:1 setting, Paula revealed a rich array of interests and a genuine excitement for learning, allowing her to reconnect with her identity.

### Mindfulness and Relaxation Techniques

To help Paula manage her anxiety, we dedicated time during our mindfulness sessions to discuss and practice relaxation techniques. This included breathing exercises and guided meditations. **Paula decided to set a goal to incorporate these practices into her daily routine, aiming to reduce her anxiety and create peaceful moments throughout her day. She found a strong connection with meditation and we linked Paula to a free daily meditation practice that she enjoyed so much, she subsequently enrolled in an online course.**



***"I can't think of any way in which the course could be improved. Rachael is an excellent facilitator. It's all positive; I really have enjoyed our sessions together each week." Paula***

## **Reconnecting with Friends**

Recognising Paula's desire to connect with people, our discussions led her to identify friends she had lost touch with. She set a goal to call an old friend, hoping to rekindle their connection, and she was delighted with the success of this effort!

Paula also expressed her appreciation for the weekly goal-setting process, noting that it made her feel accountable for her commitments to enhancing her wellbeing. She shared, ***"Because I was alone on the course, it was great to discuss my own needs and preferences. I enjoyed meeting Rachel every week and learning what the course had to offer, along with the small goals I could achieve each week."***

## **Exploring New Opportunities**

Building on Paula's existing interests, we explored online learning and connecting several opportunities whilst we were together. We were able to link Paula to U3A, which offers a variety of online interest groups. She was particularly enthusiastic about the prospect of play reading and was eager to try it out.

## **What's Next**

With each passing week, Paula's confidence and self-belief flourished. She noticed a significant improvement in her wellbeing as she continued to experiment with different tools and techniques. She remarked, ***"Learning about the U3A online courses and discovering guided meditations has had a lasting impact. I now incorporate both into my routine for ongoing growth. The course inspired me to reconnect with my network of friends and explore new activities."***

***"Rachael gave me new ideas for things to do at home, especially while I was housebound for a few weeks." Paula***

**To find out more about Step into Wellness please contact:  
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