

LOCKDOWN WELLBEING TIPS

by The Stress Management Society

MAINTAIN YOUR NETWORK

Get talking, whether it's sending a message to a colleague, hosting a Zoom quiz with friends or picking up the phone and having a natter with your family. It's vital that we all maintain our connections as these help us to stay grounded. Reaching out will not only benefit you but can also help those around you who may be struggling.



TAKE TIME

Do you ever feel like you're getting caught up in a whirlwind? Take the time to slow down, review your responsibilities, prioritise your time and set achievable goals. This will help you identify what's important and the best place to spend your most valuable resource, time.

TUNE IN

How you're feeling? Are you happy, content, sad, lonely, blue, tired etc? Use this knowledge as a foundation and a way to identify your needs. Understanding yourself and your emotions is a key skill that provides a roadmap moving forwards. Different activities can be used to activate the 'happiness' chemicals in our brain (please see our 'Unlock Your Happy' graphic for more details).



BE PRESENT

Looking forward can be scary in a world with so much uncertainty. It's impossible to predict everything that will happen so be present now. Identify the factors within your control, as well as those outside of it and focus your energy. If thinking ahead is causing anxiety, break the day down into smaller chunks and take it one step at a time.