

LOCKDOWN RESILIENCE TIPS

by The Stress Management Society

MAINTAIN YOUR NETWORK

- Reach out to friends and family
- Meet up in person where possible
- Create water cooler/coffee machine moments with colleagues
- Do something kind for a neighbour



RECLAIM YOUR POWER

'To accept the things I cannot change; Courage to change the things I can, And wisdom to know the difference'
- Reinhold Niebuhr



- Power is defined as the ability to do or act
- Understand what is and isn't in your control
- Develop your resilience to increase your power

TUNE IN

- Disconnect from the external distractions and tune in to your internal reality
- Acknowledge how you're feeling - Are you happy, content, sad, lonely, blue, tired etc?
- Listen to your body - Are you eating when hungry, resting when tired etc?



BE PRESENT

'85% of the things we worry about never come to pass.'

- Be present in the moment without judgement
- Observe reality objectively
- Practice mindfulness techniques
- Use your breath as an anchor point

