

BUILD YOUR WELLBEING PLAN TO



# KEEP MENTALLY HEALTHY WHILST ISOLATED

## REALISE THIS IS NOT FOREVER IT'S JUST FOR NOW

It may feel as though we are in a bad movie that we didn't audition for. With all the lockdowns and uncertainties, it is normal for us to feel stressed and anxious - even simply not ourselves.

Just remember this is not forever, it's just for now.

## FOCUS ONLY ON WHAT YOU CAN CONTROL

It's so easy to feel overwhelmed with all the information and to feel like you've lost control. This is when our brains can hijack our thoughts. Train yourself to focus only on the things you can control. For the rest, learn to say phrases like "it is what it is and we will get through it".

## LOOK FOR THE POSITIVES AND BE GRATEFUL

Our brains are wired to be negatively biased because that's what was needed for survival. At times like these, maintaining the negative thoughts can hurt us in the long run. So, look for some positives - eg there are more people working together than has ever been. There are people in a much worse situation than us. Be grateful for your health and access to food, water and shelter.

## BE KIND TO YOURSELF

It is normal to feel a range of emotions. Validate these feelings and emotions and tell yourself "It's ok. It is normal in a crisis". You don't always have to hold it together. You are human. It's ok to not be ok at the moment.

Reach out for help.  
Most people will need this so it's ok for you to need it as well.

# ITEMS FOR YOUR WELLBEING PLAN



## LEARN TO CALM YOUR MIND

The best way to do that is through breathing.

6 counts, in 6 counts out, or

4 counts in, 4 counts hold, 4 counts out. Repeat

If you're panicked:

4 counts in, 2 counts hold, 6 counts out. Repeat.

## SCHEDULE SOME PHYSICAL ACTIVITY DAILY

Not a marathon, just movement.

30-45 mins walking pace is all you need to remove the stress hormones from your body.

Schedule that in.

If you can do online workouts, go for it!

## STAY CONNECTED

Schedule daily check-ins with family, friends and/or peers.

They probably want the contact as much as you do.

Remember you are 50% of EVERY relationship.

## LEARN OR IMPROVE

There is so much evidence on the benefits of learning new things and how it positively impacts your mental health.

What have you always wanted to learn that you didn't get time to do? Now is the time to try that new thing! Maybe another language?

## REST AND RELAXATION

Put together a playlist of songs that calm you or make you happy.

Books are great to distract you from the current situation and bring you into another world. Audio books are awesome. So are podcasts.

Clean out your camp room. Ok that's not relaxing but maybe it will calm your mind.

Write a book. You don't have to publish it but it's something to try.



## DON'T FORGET THE FUNDAMENTALS!

Now is the time to up your immunity so make better choices with your diet.

Refrain from drinking alcohol as the crutch to ease the stress of the situation.

Look at your sleep hygiene. Remember, dark room, shower before bed and limit screen time since phones and ipads emit blue light which tricks your brain into thinking it's still day time.