

Our Top 5 Tips...

...for effectively managing mindset
in lockdown - and beyond!

1 Take time for you:

It's so easy to get caught up in taking care of everyone else that we often forget ourselves at the best of times.

Looking after yourself is key to being able to care for others - it's vital.

Please make sure you are taking the time to check in with yourself and do things to look after yourself *every single day*. And sometimes taking care of yourself looks like coming off social media or not taking in as much news as you usually do.

3 Appreciate:

Make time every day, as often as you can, to simply stop and notice all the beautiful things there are around you.

People, flowers, pictures, pets, food, books, ornaments, whatever. Find something you find beautiful and focus your attention on it for a couple of minutes, notice every detail, appreciate the colours and the shapes and the smells and the sounds. Fill yourself with appreciation for that thing.

2 Breathe:

Anytime that you realise you are starting to feel overwhelmed, anxious or stressed about anything, do this:

Stop, close your eyes and take a really nice, slow, deep breath in through your nose. Hold it for a couple of seconds and then really slowly let the breath out through your nose or mouth.

Focus all your attention on that simple process. Bring yourself back to your centre.

4 Journal:

Get all those thoughts out of your head and on to paper, don't walk around with them all going round and round and round in your mind.

Write them out, let them flow out of you, release them, notice if there are any revelations or realisations to be found in that process.

5 Talk:

Find someone you love and trust implicitly and talk, talk, talk.

Connection is a huge part of being human, open up to someone else, tell them how you're feeling, talk about things you're going to do once lockdown is over, laugh about silly things you used to do, communicate and enjoy!