

MAINTAINING WELLEBING DURING COVID-19

How to Care for yourself during this time

CHECK-IN WITH YOUR EMOTIONS

A valuable tool is to be self-aware of how you are feeling and managing any stress.

Ask yourself: What do I do well to cope?
What don't I do so well? What do I need to learn to do better?



2 ACKNOWLEDGE ANY DISTRESS

We each respond to stress differently. Some may clench their teeth, others will yell and others may withdraw.

It's important to recognize how you respond so you can identify when you're stressed as early as possible. We can't avoid stress, and others can't manage our stress for us.

JOURNAL YOUR FEELINGS

Journaling can help to keep your thoughts organised and also show patterns of emotions.

Identifying patterns can improve your mood by:
Helping you prioritise problems, fears, and concerns.

Tracking any symptoms day-to-day can help to recognise triggers and learn ways to self-soothe when feeling overwhelmed.



CREATE A ROUTINE

Create a new daily routine that prioritises looking after you!

You could try reading more, watching movies, or starting a new exercise routine.

Try and rest and view this as a new if unusual experience, that might have its benefits.

GO OUTSIDE

Although we cannot mix with others indoors; being outside is proven to boost your moods and reduce stress and anxiety.

Taking time away from home can help reduce feelings of being confined and cut off from society.

