

# TOP TIPS FOR LOOKING AFTER YOURSELF IN LOCKDOWN

We find ourselves in another lockdown, and another school closure. It might feel like we have been through this before and some may naturally begin to lose hope. This will come to an end eventually and it's important to look after ourselves in the meantime. Here are some tips for looking after yourself in lockdown:

- 1 Accept the feelings**  
Being affected by extreme events is a perfectly normal, human experience. It is natural for feelings to come and go.
- 2 Put things into perspective**  
Remind yourself that bad news gets views, and we're missing the full picture. Social media and the news is not always accurate but aims to draw attention with negative information.
- 3 Switch off**  
Watching the news or reading about the virus too much can cause more anxiety. Ensure you are switching off regularly. The lockdown might be a good time to try or learn something new.
- 4 Focus on what you can control**  
There are many things we cannot control, like other people's responses to the pandemic. It's important to hold on to what we can, like wearing masks, hand washing, and social distancing.
- 5 Maintain physical health**  
We know keeping active, eating well and good sleep habits can be helpful both for our physical and mental health. Try to maintain this, even if you're feeling demotivated.
- 6 Take care of your environment**  
Take time to set up your environment in a way that can inspire and motivate, e.g. decluttering or creating a work space that is cleared away at the end of the day.
- 7 Have a routine**  
Routines and structure can help us to be productive. otherwise our days can feel disorganised and unfulfilling. Try to set a routine daily,, starting with making sure you shower each morning.
- 8 Take safe risks**  
Consider taking steps to go outside for some physical activity, but plan it so that it is as safe as possible e.g. walking when there are fewer people, or walking in quiet areas.
- 9 Achieve-Enjoy-Connect**  
Aim for a balanced day, with a mix of activities that give you a sense of achievement (e.g. finishing work, kind acts for others), enjoyment, and meaningful connection (e.g. family time).
- 10 Hold on to what went well before**  
It can be easy to focus on the bad at the moment.. Reflect on what you feel grateful for and what you have learnt from lockdown 1 e.g. feeling closer to family or picking up a new hobby.

