

Resilience Tips for our new world

Responding well

- 🕒 Be present – take a moment to notice the sights and sounds around you
- 🕒 Place an optimists view on what you have, see the real positives of being at home, reframe the negative
- 🕒 Use positive language- I can do, I want to do, I will do
- 🕒 See the sky and get fresh air – it is good to see the sky and stretch your legs, at least once a day, if you can go outside.
- 🕒 Know your reactions and pick your response;
 - 🕒 fight = breathe, label your mood
 - 🕒 flight= breathe, focus on what you can control
 - 🕒 freeze = breathe, talk with friends, set mini goals
- 🕒 Dress as if you were going to work – wash, shower and wear bright coloured clothes to make you feel strong and in control

Finding joy

- 🕒 Connect with friends - get good at technology and using virtual meeting media i.e. Messenger, Zoom, Teams etc to see a friendly face, your family and friends. Choose a project that gives you certainty, peace or joy – any length of time is ok and maybe something you have always wanted to learn
- 🕒 Reflect on the positive things every day, something new that you have learnt, something that made you smile
- 🕒 Share these positive things with your friends and family
- 🕒 Choose light and funny things to watch or read that make you laugh
- 🕒 Have E' drinks/dinner/ morning tea with people that make you laugh

Being focused

- 🕒 Create a space at home that is known and respected as yours – make it feel yours
- 🕒 Make and stick to a routine – commit it to paper and make sure there is time for you and work
- 🕒 At the start of the day set mini goals so that you achieve throughout your day. Break your day up into manageable 'chunks'
- 🕒 Focus on what you can influence and let things you can't go
- 🕒 Focus on the facts not the stories to reduce any anxiety and fear and prevent you 'disasterising'
- 🕒 Limit news and social media - have a trusted source that you can check and ignore the rest
- 🕒 Think about how you and those around you are using their time - it is an opportunity to really connect with loved ones. Do something just for fun.

Body Strong

- 🕒 Choose an exercise that you love or have wanted to try that you can do and build it into your routine and attached a reward so it becomes a habit. Start slowly and build up
- 🕒 Eat well so you feel positive and strong
- 🕒 Develop a sleep routine so you recharge your body and mind overnight
- 🕒 Consider your alcohol intake and what is ok

