



Minding Your Wellbeing During Uncertain Times

Self-Care

Give the world the best of you, instead of what's left of you



- Start now
- Take some time to reflect on your self-care practices
- Prioritise one thing you could do for your wellbeing
- Make a commitment to practice self-care
- Remember you are worth it

During this pandemic, know that you are not alone in experiencing stress.

Focusing on these areas may help you manage your mental wellbeing during this time.

To find support services visit www.yourmentalhealth.ie

Thoughts

If you can't change the situation, can you change your perception about it?



Be kind and gentle with yourself: Practise talking to yourself compassionately.



Accept the situations that you cannot change. Let go of resistance. Be flexible in your response.



Gently intercept unhelpful thinking:

Pause: Breathe. Non-judgmentally acknowledge this moment is challenging for you. Practise self-awareness, self-compassion and self-kindness.



Question: Challenge your perception. What are the facts? Are there any positives to consider? Has this happened before? What did you do last time? What would you tell a friend in this situation?



Reflect: Can you see things in a new light? What can you do improve the situation or how you feel about it? Consider writing your thoughts in a reflective journal.

Relationships

When we're together, everything is better.

Keep in touch: Reach out to those you feel connected to who have a positive impact on your wellbeing. Use video calls to connect when you can.

Talk to someone you trust: A chat with a close colleague, friend or family member can help you to feel supported and better able to manage any challenges.

Keep your sense of humour: Laughing with others strengthens relationships, feels good and helps keep things in perspective.

Emotional Wellbeing

'You can't stop the waves, but you can learn to surf' Jon Kabat-Zinn



Manage challenging emotions:

- Acknowledge what you are feeling
- Notice any sensations in your body
- Slow down, pause, take a breath
- Ground yourself
- Take time to respond rather than react



Remember to breathe: Place one hand on your belly and one hand on your chest and as you breathe normally in and out through your nose, count 10 full breaths. Sample audio [here](#).



Find ways to relax: Take a bath, go for a walk, read a book, write in a reflective journal; allocate time for whatever works for you.



Try to bring mindful awareness to what you are doing while you are doing it: Focusing on the here and now can help us to notice and value the moment.



Practise gratitude regularly:

- Write down 3 good things about each day
- Share a positive story
- Say thank you to a colleague or loved one



Acknowledge and appreciate your strengths: You are powerful beyond measure.

Physical Wellbeing

Take care of your body: [Be Active](#) | [Eat Well](#) | [Get Outdoors](#) | [Rest](#)

Exercise regularly: Physical activity helps us to feel calm, centred, energised and empowered.

Eat healthily: Good nutrition has a positive impact on your mood, while boosting your energy and immunity.

Avoid stimulants and sedatives: Caffeine, nicotine, and alcohol can make anxiety symptoms worse.

Access nature when you can: Nature can have a healing affect on your mind, body and soul.

Have or create a good bedtime routine: Plan your bedtime routine will help you to switch off and rest easier. For more sleep advice, visit hse.ie