



Keeping a Healthy Mindset

Factsheet

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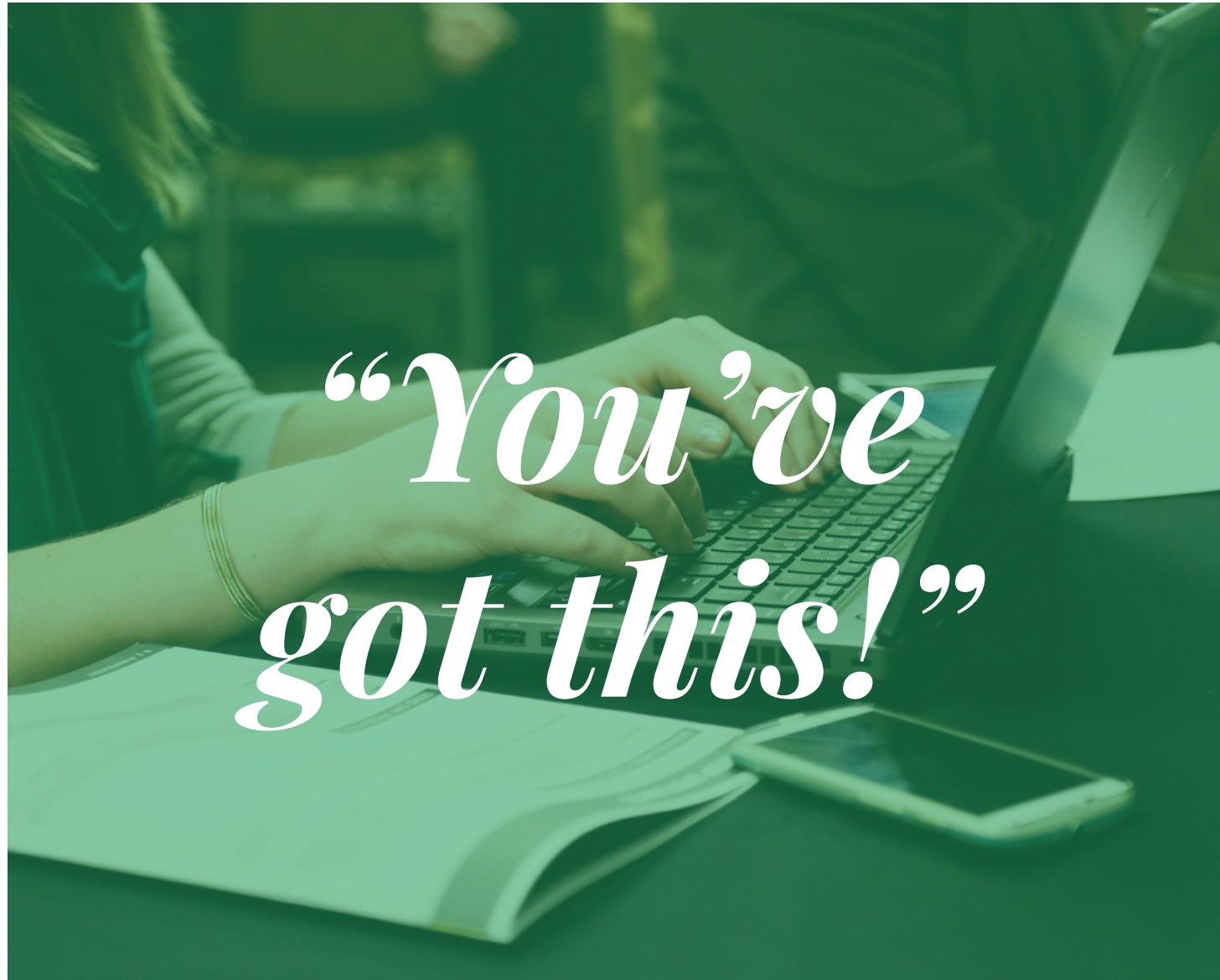


Is every day the same as yesterday?

It can be hard to stay motivated when all the days blend into one. You might feel lucky to have a job, yet still struggle to concentrate on tasks or maintain enthusiasm for your work. Even responsibilities you once enjoyed can lose their appeal.

Get back your sense of drive and set a new goal – small or large. Set daily or weekly tasks and feel a sense of achievement as you tick them off. Feel your mood lift and stress subside as you move closer to your goal. You could even take on some virtual challenges and get your colleagues or friends and family involved.

Try making your goals SMART. Specific, measurable, achievable, realistic and time-bound.



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Keeping motivated

Ideas to help you stay productive and most importantly be positive during tricky times.

- Try to keep normal routines - consistency will make things more manageable
- Stay connected - keep in touch with friends, family and colleagues
- Go outside - sit in your garden or take a short walk
- Take a break - feel recharged with renewed focus
- Plan and prioritise - maintain a great work life balance
- Reward yourself - keep a list of fun things to do when you reach a goal
- Get moving - release endorphins to naturally lift your mood
- Challenge negative thinking - being optimistic is proven to be good for your health
- Smile - feedback sent to the brain from facial muscles may impact the emotions
- Follow your passion - do something you feel excited about
- Listen to music that sounds the way you want to feel

Switch off the stream!

If the news or social media is making you stressed, don't feel you have to listen to it. Put your phone and tablet away and avoid any news reports if it makes you feel better. Particularly as some reports on social feeds come from less reputable sources.



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Banish the blues post lockdown

Relax and regain control when your mind starts to race, with these anxiety-busting tips.



Practice self-awareness

Excited about normality returning and craving some daily structure? Do you also feel anxious about going back to situations you haven't been in for months? Recognise this mix of emotions and be kind to yourself. If you're being self-critical, show yourself the same compassion that you would to a friend.



Talk it out

Share your fears and concerns with someone you trust and feel comfortable talking to. The chances are they're experiencing similar feelings. Sharing how you're both feeling can help you both to feel supported and understood.



Plan ahead

Think about which situations you're feeling particularly worried about and decide what you could do in this situation to help ease your concerns. For example, if you're anxious about taking public transport, can you find another way to travel? If not, could you travel at a quieter time of day?



Nurture your wellbeing

Taking care of your physical health can help you to cope with feelings of anxiety and stressful situations when they arise. Try to eat a healthy diet, limit alcohol, exercise regularly and get good-quality sleep. Plan regular time out to look after yourself.



Know the facts

How to stay safe during coronavirus is constantly changing. You can feel unsure what hygiene precautions to take, or what social distancing measures to follow. Knowledge is power! Feel confident that you know what to do by arming yourself with trustworthy information. Stay up-to-date with the latest guidance on [gov.uk](https://www.gov.uk)



Think positive

Take pleasure from the little things you can enjoy again. Maybe you're looking forward to getting a takeaway coffee from your favourite café again. Or it might be having a socially-distanced garden visit with a loved one you've been missing.

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Be nice to yourself

Being kind to yourself in everyday life is one of the best things you can do for yourself. Life will become lighter and your relationships will most likely improve. You'll feel happier overall, and your self-esteem and sense of deserving good things will go up.

Most of us aren't very kind to ourselves. We often do things like:

- Coming down hard on ourselves when we don't meet our expectations
- Letting ourselves off the hook for doing something and then feeling terrible about ourselves
- Letting others down and then beating ourselves up for doing so
- Looking at our flaws and seeing them as ugly, huge shortcomings, reasons why we are falling short.
- Harshly pushing ourselves to be better, to do better, judging ourselves as inadequate.

To make a positive change simply start a new habit today. One of kindness and love towards yourself.

- Invest in yourself. Spend 15-30 minutes in the morning or evening reading, listening to or watching material that uplifts you
- If your day feels mediocre or didn't go well, take one small step towards something positive to breathe new hope and optimism into your day
- The way you think about and treat others is often the way you think about and treat yourself. Choose to be kinder towards others and over time, become kinder and more understanding towards yourself too
- If you stumble, be your own best friend. Don't beat yourself up, that will wear away your self-esteem. Be a kind and supportive friend to yourself instead



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