12 **POSITIVE STEPS**
FOR **WELLBEING** DURING COVID-19

1.) BE KIND TO YOURSELF

The first thing that we have to acknowledge is that we all have bad days. Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

2.) EAT A WELL BALANCED DIET

A well balanced diet will help fortify both your body and mind in times of illness or stress. Don't forget: eat regularly, eat fruit and vegetables, drink water. This is your first line of defense.

3.) EXERCISE REGULARLY

Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy. Get outside, preferably in a green space or near water. Find an activity you enjoy doing and make it a habit.

4.) PRIORITIZE SLEEP

Get into a healthy sleep routine. Some examples include going to bed and getting up at the same time each day, keep your bedding clean or avoiding news and screens before bedtime.

5.) TAKE ON A NEW HOBBY OR SKILL

We all have hobbies that we have been meaning to try. Do a deep dive and learn something new. Hobbies like baking, sewing, woodworking or gardening can all be great stress relievers. This is a great time to teach a hobby that you enjoy to your children.

6.) CONNECT WITH LOVED ONES

Stay in touch with family and friends - make regular and frequent contact with them. Text, call or video chat with the people that you would normally see every day.

7.) BE A LITTLE SILLY

It is important to take the time to have fun and be creative. Laughing and being silly can liven your mood and others. Plan a family game night, host a backyard olympics or make a silly video. Laughter eases stress.

8.) BEWARE OF ALCOHOL AND DRUGS

Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems. Instead identify and focus on healthy coping mechanisms to help you though stressful times.

9.) HELP OTHERS

Find a way to help others in need. Donate to a charity, buy a gift card to support a small business, or simply help out someone you know. Do something worthwhile to help you feel better about yourself.

10.) ACCEPTING: 'IT IS AS IT IS'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle. Some situations we cannot change. Allow those thoughts and sensations just to be – they will pass.

11.) SCHEDULE TIME TO RELAX

Make time for yourself. Find a practice that works for you, meditation, yoga or just watch a sunset. It can be as simple as focusing on your breath, imagine inhaling deep, filling your belly, inflating and slowly exhaling out.

12.) ZOOM OUT

When negative thoughts invade your brain with catastrophic "what ifs," make a conscious effort to look at the big picture. By zooming out, you see beyond the immediate, emotional situation and can see things more clearly and rationally.

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