

## Tips for Maintaining Psychological Resilience During The COVID-19 Pandemic

- 1. Limit exposure to news about COVID-19** to once or twice a day, delivered by a trusted source. If you find yourself becoming regularly distressed and anxious when watching or listening to the news or related programmes, consider whether there are other ways you can receive key updates which are less triggering.
- 2. Distinguish between the things you can control and influence and things you can't** (see Handout Control vs Letting Go In Uncertain Times for more information).
- 3. Spend some time outdoors on a daily basis** (within the Government rules which apply to you) and take the opportunity to connect with nature and notice the changing seasons.
- 4. Recognise which emotions are present for you at this time** and seek to manage rather than deny them.
- 5. Challenge yourself to rest in the Present Moment** and resist your mind pulling you into the past and future if this fuels anxiety or low mood.
- 6. Develop or maintain a positive attitude** and learn to reframe some of the problems or obstacles you face as challenges to be solved or opportunities to learn things which otherwise you may never have had (or would have avoided).
- 7. Look for opportunities to help others.** If this is not practically possible because of your circumstances, remember that words of encouragement and kindness, and offering opportunities for others to connect also fall into this category. Helping others is known to protect our own mental health so it is a win-win situation.
- 8. If you are needing more support, practically or emotionally, ask for it.**
- 9. Cultivate a sense of gratitude**, offer kindness, and notice and savour moments of joy and happiness even in the midst of the current crisis.
- 10. Get organised.** For many the usual routines of life have changed so now is a good time to establish new ones, including taking some form of daily exercise. That will vary depending on circumstances and health but be creative.

**Finally, don't forget to follow all the practical health advice and Government rules regarding social distancing, self-isolation, handwashing and management of symptoms should they occur.**