

Minding your own mind



It's no secret that the past year has been tough on everyone. Our health, finances, work life, relationships and sense of security have all been challenged.

We all have 'down' moments, however it's important to recognise these feelings and to be proactive in getting your mental wellbeing back on track.

Here are a few tips that might help you face life's inevitable ups and downs with confidence and resilience.

1

Reach out and connect

Especially if you're on your own. Make a phone call, walk with friends or have Zoom get-togethers. See people where you can, it all helps.

2

Have 'down time'

You don't have to be all things to all people. Sometimes it's enough to 'just be'. Take time out for self-care. Binge-watch that show or read that novel. Take time to do nothing.



3

Take time out to nourish your body

Healthy body, healthy mind: the mind-body connection is so important. Make sure you're eating healthy food, not drinking too much, and keeping your body moving. When your blood's pumping, feel-good endorphins start kicking in.

4

Immerse yourself in nature where possible

Take yourself to a local park, beach or even garden, look around, take notice of all your senses, and breathe deep.

5

Remember to have fun

Try to be light-hearted where possible. Smile, laugh, and see the silly side of things. Focus on being joyful.

6

Practise gratitude and keep a sense of perspective

It sounds obvious, but things could always be worse. Sometimes it helps to write down or say out loud, three things you are truly grateful for each day.

7

Ask for help if you need it

Asking for help is an effective and positive strategy. If you feel overwhelmed, contact our EAP services, we are here to help.