

# Managing Stress & Looking after your Mental Health

*Developed by Catherine Downey*



**Food**



**Movement**



**Sleep**



**Stress control**



**Alcohol**



**Relationships**



**HEALTH  
MATTERS**  
OCCUPATIONAL HEALTH

# Calm, Wise & Kind

During this time we can all play a vital role in looking after ourselves and others, bringing out the best in human nature to remind us all how interconnected we are. Lets all try and respond in the calmest, wisest and kindest way we can by taking positive steps to look after our mental & physical health.



# Coping with stress during the 2019-nCov outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



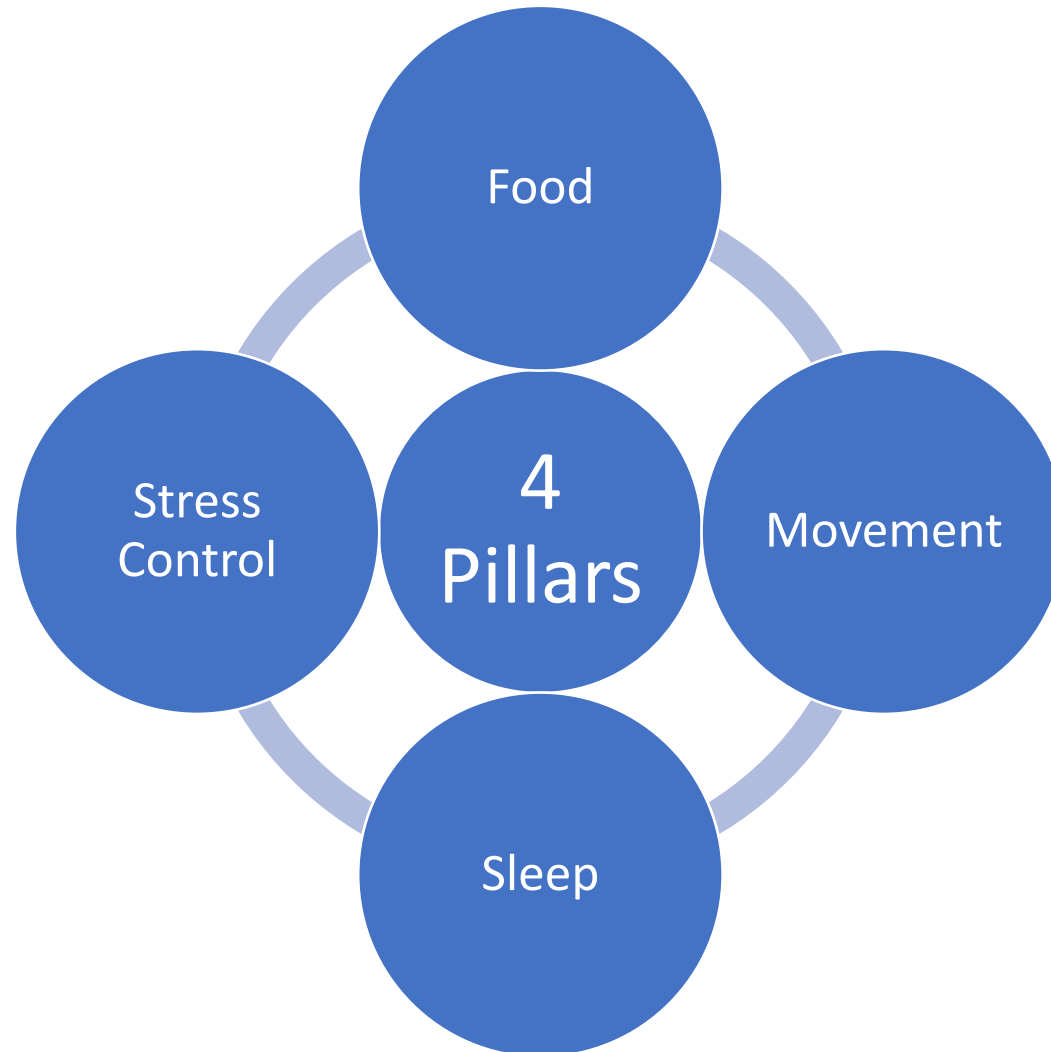
Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



# The 4 Pillars of Health

Our body is one interconnected system so focus on optimising all 4 pillars.



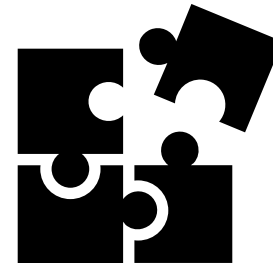
# The '3 a day'

- Choose 3 small positive actions you can complete each day.
- These can be as simple as getting up at a certain time, getting a shower and getting changed into fresh clothes, drinking more water, helping someone or going out for a walk.
- The list on the following pages might also be helpful for ideas for your 3.



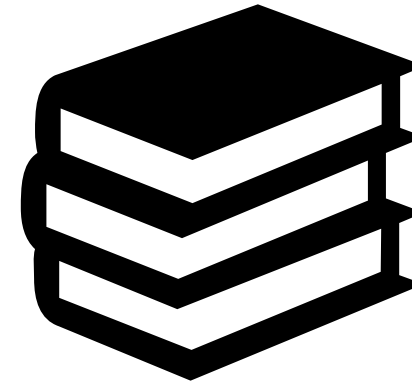
# Positive things you can do while social distancing

- Reading & Book Swaps
- Yoga: Virtual classes or YouTube e.g. *Boho Beautiful, Alo Yoga, Cat Meffan*
- Puzzles e.g. *Jigsaw, Sudoku, Crosswords*
- Clear-out e.g. wardrobe/ cupboards
- Study e.g. start an online course
- Foster a dog/ pet
- Listen to podcasts e.g. *Dr Chatterjee, TedTalks Health, Drs Kitchen, Jay Shetty*
- Cooking & Baking
- Playing Music
- Being Present



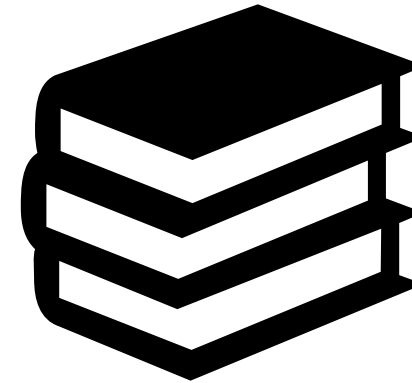
## Positive things you can do while social distancing

- ✓ Board Games
- ✓ Painting by numbers
- ✓ Family time
- ✓ Meditation
- ✓ Journaling
- ✓ Praying
- ✓ Bath
- ✓ Walk / Run / Home Workout
- ✓ Starting a project e.g. handmade cards



## Positive things you can do while social distancing

- ✓ Cook a healthy meal
- ✓ 5 mins movement per hour
- ✓ Call an old friend
- ✓ Arts & Crafts
- ✓ Painting e.g. *painting by numbers*
- ✓ 5 minutes of Breathing
- ✓ Dancing
- ✓ Positive quotes & affirmations
- ✓ A Gratitude exercise

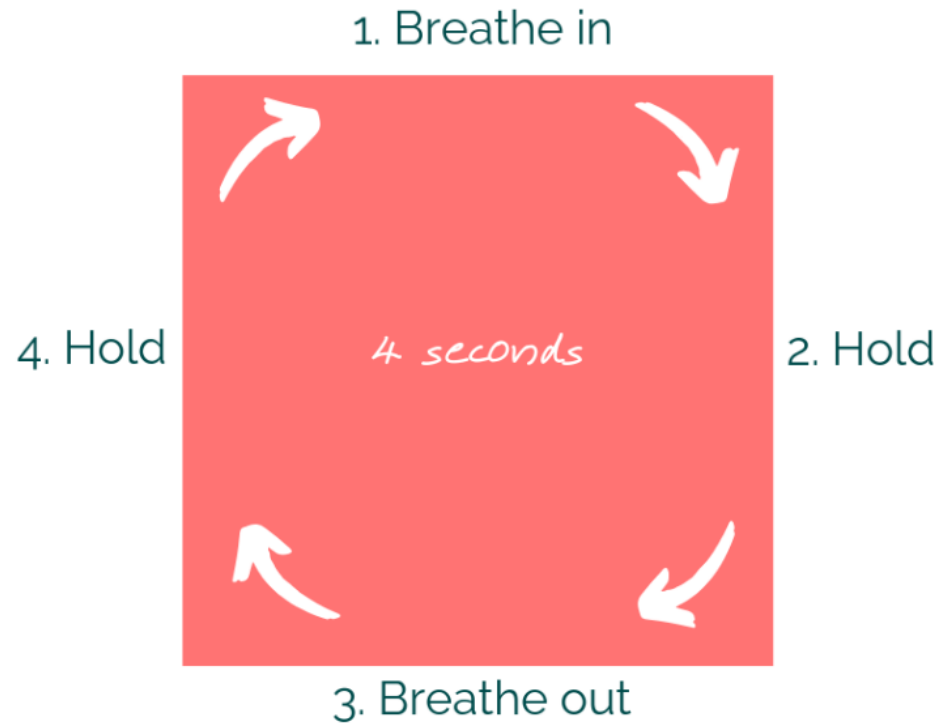









# BOX BREATHING

*for stress management*

Different breathing techniques can be helpful in managing stress and help relax the body



## A simple Grounding Technique when anxious

-  Name **5 things** you can **see** in the room
-  Name **4 things** you can **feel**
-  Name **3 things** you can **hear**
-  Name **2 things** you can **smell**
-  Name **1 good thing** about yourself

# The 3 P's

Every night write down 3 things your grateful for.  
Try and find a little happiness in everyday.

Focus on 3 P's:

- **P**erson- a you are grateful for
- **P**leasure- something you enjoyed that day
- **P**lan- a goal you hope to achieve for the future

You can also do this with a family member or your children at dinner.



# Essential Oils

- Keeping essential oils close by for moments of anxiety can help during stressful moments.
- You can carry a bottle in your bag or pocket and use whenever you need a distraction.
- Lavender oils can be helpful for sleep.





# Try a Brain Dump

- Brain dumps: Help organize your thoughts, reduce stress, helps focus, & provides perspective.
- Find a quiet space with a book and pen & set a timer for 5 minutes.
- Write down as many things that are causing you worry or stress as possible in the 5 minutes.
- There is no wrong way of doing this. Just write down what feels right to you and allow your worries to be cast off onto the page.
- Once the timer is up close the book or you can choose to rip up the page.
- This can be extremely helpful right before bed or in the morning to release your mental baggage.

# Daily Dose of Vitamin N

- Focus on getting a daily dose of Nature, even as little as 10 minutes can make a big impact.
- Getting outdoors into green space lowers stress, improves mental focus and reduces tiredness.



# Have a 'grounding prop'

- Grounding props are helpful items you carry with you for moments of anxiety and seeing them can help you bring you back to the present moment. E.g. bracelet, keyring, positive quote or photo in your wallet.



# Music

- Listening to a repeated sound between 35-65 bpm can help slow the heart and reduce cortisol (stress levels)
- Put soft relaxing instrumental music on in the background when your feeling anxious or stressed.





# when you feel BORED

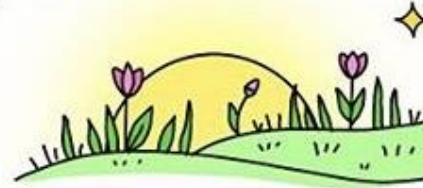
@POSITIVELYPRESENT



HAVE A  
DANCE PARTY



WATCH A  
FAVORITE FILM



GO OUTSIDE &  
SEARCH FOR SPRING



DOWNLOAD  
DIGITAL BOOKS



CREATE  
SOMETHING  
FOR SOMEONE



WRITE A  
(HANDWRITTEN!)  
LETTER



GIVE JOURNALING  
A TRY



DO SOMETHING  
RELAXING



GET SOME  
CHORES DONE



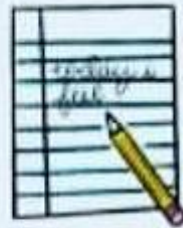
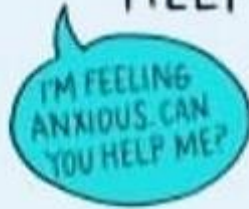
**HEALTH  
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# when you feel ANXIOUS

@POSITIVELYPRESENT



ASK FOR HELP



TAKE A DEEP BREATH



WRITE ABOUT HOW YOU FEEL

FIND A POSITIVE DISTRACTION



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OCCUPATIONAL HEALTH

# Helpful Resources

## **Websites**

[Minding your Head](#)

[Self Help Leaflets](#)

[PHA Steps to Deal With Stress](#)

[Mind](#)

## **Apps**

[Gratitude 365](#)

[Catch-it App](#) (Free)

[Chill Panda](#) (Free)

[Silver Cloud](#) (Free)

[Sleepio](#)