

Looking After Your Own Wellbeing

Wellbeing: Looking after your inner-self

It is natural for us to worry during times of change and uncertainty, especially if we find ourselves indoors more than normal. Here are some suggestions of ways to care for your inner self when things are uncertain.



- Keep to a routine that works for you. It may help to get up and go to bed at the usual time and to plan the day in chunks of time even if you are not at work. Creating structure can help us feel more in control. Punctuate your day with activities you enjoy, or which help you to feel calm or energised.
- Notice which activities really absorb you. These may be work activities or hobbies. Maybe try something new that can be done from home like new recipes, DIY, art or crafts.
- Explore ways to relax that work for you. Perhaps it is listening to music or a podcast while you work or just enjoying the sunlight coming through the window or birds and wildlife in the garden.
- Take notice of the present moment. A mindful practice such as meditation or [simple breath awareness](#) can help

with this. Those who are new to meditation might want to try this [guided practice](#)

- Allow yourself some time out. How about trying a [guided full body relaxation](#)? This tried and tested practice comes from ancient yoga tradition and can help you to de-stress and sleep better.
- Stop and take a breath. If you find that your worries become overwhelming, just pause for a moment, take a slow deep breath and ground yourself. To do this, plant your feet firmly on the ground, focus on your breath and take notice of the here and now – what you can see, hear, feel etc. Remind yourself that whatever you are experiencing in this moment will pass. More on these [Decider Life Skills](#) can be found here.
- If you continue to feel overwhelmed or if you just need to tell someone how you are feeling, remember you can contact a [Mental Health Representative](#). Or go to our Mental Health and Wellbeing [toolkit](#) which includes external links for urgent help available 24/7.