

Reduce anxiety and staying grounded - ideas at this time

1. Breathe
2. Feel your feet on the ground / bum on chair – steady your body and your mind will follow (guided calming meditation links in attached document on breathing, five senses, relaxation, gratitude, blessings, reducing stress and anxiety. Each around 5 – 15 minutes long and hundreds more on youtube)
3. Maintain structure – have a detailed schedule
4. Maintain regular hours
5. Ensure strict adherence to work / home balance for example change clothes after work hours
6. Create a morning routine – dress for work
7. Schedule breaks and stick to them – go for walk, exercise
8. Eat well
9. Limit social media – know the facts, be informed and shut off after that
10. Refrain from shaming and blaming
11. Stay connected with family, friends and colleagues – positive conversations
12. Practice self-compassion
13. Don't skip self-care
14. Don't be afraid to ask for help – Sandra & Mark are available
15. Have a positive sleep routine – no news before bedtime
16. Naturally, worry and anxiety will arise
 - Put the Pandemic in perspective
 - Know the facts
 - Keep your mind in check – yes be angry / frustrated then moved to being practical
 - Acknowledge the anxiety without catastrophising or minimising and then identify specifically what you are worried about. It's easier to manage in smaller chunks rather than the whole.
 - Shake out the worry from your body – shout, scream, laugh, cry, dance, exercise, shake, run up the stairs
 - Focus on how capable you are – list all the times when you have handles the unknown
 - Focus on what has not changed
 - Focus on what you are grateful for
 - Model calm for your children
 - Anxiety is contagious so be very mindful who you engage with and the direction of conversations (no drama people).
 - Don't allow fear and anxiety to become a pandemic too