



Wellbeing Compassion

Taking things slowly - easing out of lockdown

The last few months of lockdown may have been tough; we have lived through one of the most unusual and perhaps traumatic times. It's important to pay attention to this, to make time to reflect on how we feel and acknowledge the tensions and disruption we have felt.

As the evenings get lighter and the blossom begins to burst into life, it has coincided with some of the lockdown measures easing - we can meet up to six people outdoors and play some sports or team games again.

We may feel excited about seeing people in person, pleased to do some exercise together; this is such good news and meeting and connecting with people again is so important to our wellbeing. Yet, for some of us, we may want to take things slowly; we might have some worries or even anxiety about coming out of lockdown too soon. We could be feeling under pressure to do things too quickly getting caught up in the excitement of those around us or have uncertainty and nerves about any plans we have changing last minute. Perhaps we are worried still about catching Covid or the impact of this on family and friends.

In all of this it's important to practice some selfcare – to pay attention and be considerate and kind to ourselves, but also to be aware of how others may be feeling too. If putting personal boundaries in place for the upcoming weeks helps, then take that time and space to prepare for the roadmap ahead.

If we are worried about coming out of lockdown too soon, creating space to think through why this might be can be helpful. Writing down any feelings or anxieties we have, making a list of the things we want to do or don't want to do and talking to a good friend are all good ways of processing how we feel. It's important to take things slowly, to take things at our own pace.

As the days grow warmer – it will be great to see people again, but we mustn't feel any pressure to do things we don't want to do, look or behave to fit 'the norm' or come out of this too quickly. Let's be kind and considerate to ourselves and to others – we've all lived through this together.