

HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

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1 Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?
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2 Think back to past experiences where you have coped well with uncertainty and ask yourself what really helped you to get better back then.
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3 Take each day one step at a time. Focus on the present moment. Activities can help give you some structure.
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4 In times like this, we need your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax.
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5 You're likely to be having lots more worry-type thoughts. Do really not react to them. Make a commitment to noticing them, rather than trying to respond to them.
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6 Rumination is a common factor during times of uncertainty - if your mind starts to wander, use your senses to refocus on what you are doing in the present moment.
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7 Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you can look to solid ground.