If you U ERG\ LV LQ DXWRVWUHVV PRGH \RX OO H[SHULHQFH D Z
DQ RQJRLQJ EDVLV UHJDUGOHVV RI \RXU VLWXDWLRQ 7KDW
IRU QR DSSDUHQW UHDVRQ –I \RX UH VX•HULQJ IURP KLJK OH
you might continue to feel this way after the virus has passed.

6LJQV RI DXWRVWUHVV LQFOXGH

- &KHVW WLJKWQHVV DQG IHHOLQJ OLNH \RX FDQ W EUHDWKH
- Muscle tension, aches and pains
- Headaches
- 'L]FXOW\ VOHHSLQJ
- 5HVWOHVVQHVV DQG DQ LQDELOLW\ WR UHOD[
- Heart palpitations
- Digestive issues

Anxiety

$Q[LHW\ LV FRPPRQO\ GHVFULEHG DV KDYLQJ ERWK PHQWDO
EHWZHHQ PHQWDO DQG SK\VLFDO DQ[LHW\ LV LPSRUWDQW EH
addressing physical symptoms (what we label autostress) and mental symptoms (what we
ODEHO DQ[LHW\

$Q[LHW\ LV EHVW GHVFULEHG DV WKH XQKHOSIXO WKLQNLQJ
on threat, uncertainty and negativity.

AQ[LHW\ FDQ RFFXU RQ LWV RZQ DV D UHVSRQVH WR VWUHVV
response to stress, it can intensify the stress, and, in worst cases, lead to panic attacks.

–W V LPSRUWDQW WR XQGHUVWDQG WKDW \RX FDQQRW FRQW
DXWRPDWLF VXUYLYDO PHFKDQLVP :KDW PDWWHUV LV OHDU
WKDW \RX GRQ W JHW FDUULHG DZD\ E\ LW

+HUH DUH 4YH H[DPSOHV RI ZKDW WR ORRN RXW IRU

Threat Scanning	

PART ONE

Tools to Help You Manage Anxiety

Planning Your Information Diet

7KH PHGLD LV IXOO\ DZDUH WKDW RXU EUDLQV DUH EXLOW W
and they capitalize on it. Most news sources are negatively biased, sensationalist and speculative
LQ RUGHU WR ZLQ \RXU DWWHQWLRQ $Q[LHW\ LV HDVLO\ IXH
UHÀ¬¨¤ÀÀ ÇQ[LWHV 4[DW HVpLÀR SÓGLOpDQW WR EH DZDUH RI DQG WD

Uplifting News Sources

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My Spheres of In uence Worksheet

–I \RX UH SURQH WR K\SRWKHWLFDO ZRUU\ L H WKH ZKDW L noticing these thoughts and then redirecting your attention to things within your control.

Research shows that when we shift our focus to what we can control, we see meaningful and ODVWLQJ GL•HUHQFHV LQ RXU ZHOOEHLQJ KHDOWK DQG SHU control over inside the circle below. Then, note the things you cannot control outside of the circle, using the table below as inspiration.

Remember: You cannot stop hypothetical worries from occurring, but you can control your response to them.

Within My Control	Outside My Control
• Building resilience • Following the latest information and advice •)RFXVLQJ RQ ZKDW V LPSRUWDQW WR PH • My information diet • My routine • 612 H O D [D W L R Q • &XOWLYDWLQJ FRQQHFWLRQ • Eating well • ([HUFLVLQJ •	

Reducing Anxiety With Thought Challenging

7KRXJKW FKDOOHQJLQJ LV D VLPSOH \HW SRZHUIXO FRJQLWL
UHGXFLQJ DQ[LHW\

$V PHQWLRQHG DQ[LHW\ LV EHVW GHVFULEHG DV WKH XQKHO
\RXU PLQG 4[DWHV RQ WKUHDW XQFHUWDLQW\ DQG QHJDWLY
your focus to include the bigger picture.

%HORZ DUH WZR WKRXJKW FKDOOHQJLQJ WHFKQLTXHV \RX FD
discover what works best for you.

The ABCDE Technique

Attention –

Reducing Anxiety Through Distraction Activities

–I \RXU PLQG FRQWLQXHV WR VSLUDO ZLWK XQKHOSIXO WKRX
IRU QLSSLQJ LW LQ WKH EXG –W V LPSRUWDQW WR QRWH WK
DEVRUELQJ WR H•HFWLYHO\ UHGXFH DQ[LHW\ :KHQ DQ DFWL
UH5HFWLQJ RQ ZK\ WKLV FRXOG EH DQG KRZ \RX FRXOG PDNH

'LVWUDFWLRQ DFWLYLWLHV KDYH WKH DGGHG EHQH4W RI KH
more energised, as well as combatting feelings of boredom.

Low activity and social disconnection are the two most fundamental maintaining factors of low mood, motivation and energy.

To feel better through building up your drive system (see page 8 of our Understanding Your Mental Wellbeing Guide) \RX QHHG WR LQFUHDVH \RXU DFWLYLW\ OHYH
\RXU VRFLDO FRQQHFWLRQ QHHGV ZKLFK ZH OO DGGUHVV O

+HUH V D FKHFNOLVW RI LGHDV IRU KHDOWK\ GLVWUDFWLR
WR DGG WR \RXU GLVWUDFWLRQ DFWLYLWLHV OLVW DORQJVL

… 1. Browse mindfulness and meditation resources to try 4QG ORWV LQ

My Distraction Activities

:ULWH WKH DFWLYLWLHV \RX WLFNHG LQ WKH ER[EHORZ

$QRWKHU LGHD LV WR PDNH “Now that I have more free time, I get to LWH brainstorm your ideas. What opportunities does having more free time bring for you?

MOTIVATION FOLLOWS ACTION.

—

“What assistance can we nd in the ght against habit? Try the opposite!” - Epictetus

If you’ve been inactive and feeling low for a while, you’ll likely be experiencing low motivation and energy levels.

You can build up your motivation and energy by increasing your activity.

Don’t think – just do.

Motivation will follow!

Check out this video on the opposite action technique for more guidance.

PART TWO

Creating Your Stress Resilience Action Plan

Here are ve different methods for preventing and reducing physical anxiety symptoms (i.e., autostress).

Choose the practices that appeal most to you and add them your Stress Resilience Action Plan.

(The more, the better!)

Starting a Planning Practice

Maintaining structure can work wonders for your mental wellbeing. Routines help you increase your sense of control and defuse feelings of overwhelm.

Planning Tips

- Schedule regular breaks. 7DNH WLPH WR PLQGIXOO\ GULQN \RXU WHD KHUH V D JUHDW WLPH WR WDNH EUHDNV WR NPDUN IURP &DOP
- Write a weekly goals list. Identify what you need to do to achieve your weekly goals. Break WDVNV GRZQ LQWR VPDOOHU VWHSV DQG FURVV WKHP R• D throughout the day.
- Identify 1-3 “Most Important Tasks”. &UHDWLQJ D GDLO\ 0–7 OLVW KHOSV important and urgent tasks.
- 5HYLHZ \RXU FURVVHG R• LWHPV Taking stock of your achievements GD\ can help boost mental wellbeing.
- Try a to do list app. <RX PD\ SUHIHU D GLJLWDO RU PDW VXFK DV Google Keep.
- Experiment with productivity techniques such as 7KH 3RPRGRUR and Eat The Frog.
- Write your daily to do list the night before. <RX PLJKW 4QG WKDW EHLQJ DE straight away helps increase your productivity. Also, this practice can help you clear your mind DQG VZLWFK R• LQ WKH HYHQLQJ
- Tidy your workspace at the end of the day. 5HVHDUFK 4QGV WKDW FOXWWHU interfere with your ability to focus.
- Decide on a regular sleep schedule. When it comes to improving sleep, research suggests that maintaining a regular sleep schedule is of high importance.
- Create an end of work day ritual. 7R HQIRUFH ZRUN OLIH EROXQGDULHV WR FUHDWH DQ HQG RI GD\ ULWXDO VXFK DV FKDQJLQJ LQW QRWL4FDWLRQV DQG SXWWLQJ RQ VRPH PXVLF
- Create weekly family traditions. 6WUHQJWKHQ IDPLO\ URXWLQHV WKURX %RDUG *DPH)ULGD\V DQG 0RYLH 1LJKW 0RQGD\V)LQG F up a family routine here, here and here.
- Be kind to yourself. <RX PLJKW VXGGHQO\ KDYH D ORW PRUH RQ \R inner critic, and remind yourself that you can only do the best you can.

Notes

Starting a Daily Gratitude Practice

> “Enjoy the little things. For one day you may look back and realize they were the big things.” – Robert Brault

5HVHDUFK VKRZV WKDW FXOWLYDWLQJ JUDWLWXGH KDV D SO

- 5HGXFLQJ VWUHVV DQG DQ[LHW\
- Boosting mood
- 6WUHQJWKHQLQJ \RXU LPPXQH V\VWHP
- À 0Àð€p@p`T 0`À`€0``° P@ € € À 0Â`p 0 P@00` €p°P@ ` €p

Developing a Regular Exercise Routine

> “Walking is man’s best medicine.” - Hippocrates

(ILHUFLVH UHGXFHV WKH RYHUDOO DFWLYDWLRQ RI \RXU DP\JGD
parts of your brain and body that generate your stress response.

5HVHDUFK VXJJHVWV WKDW DHURELF H[HUFLVH VXFK DV ZDO
EHQH4WV DV QRQ DHURELF H[HUFLVH VXFK DV \RJD DQG SLO

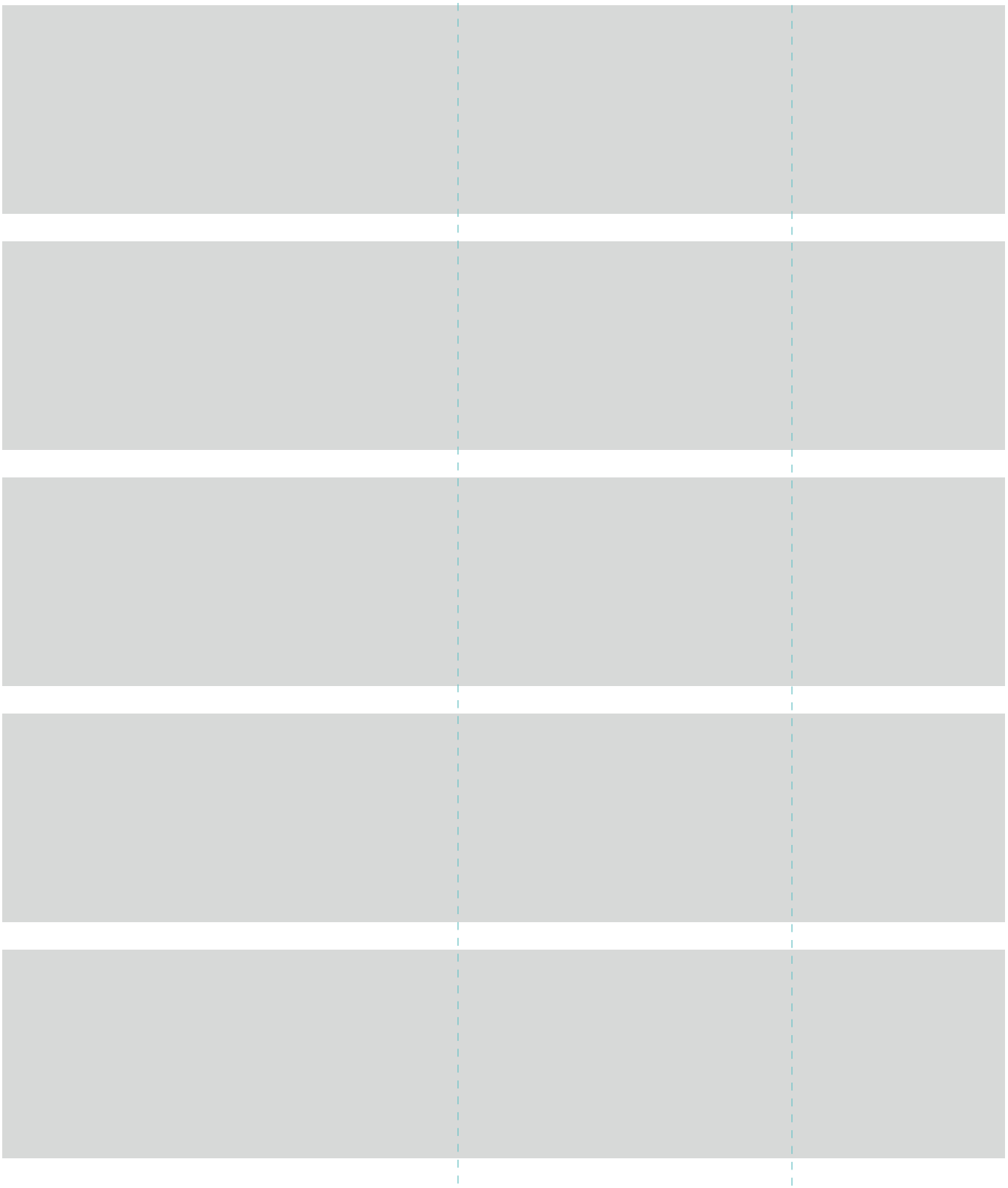
6WXGLHV DOVR VXJJHVW 20 minutes three times a week
EHQH4WV 6R \RX GRQ W KDYH WR VSHQG KRXUV GRLQJ LW
lives when it becomes a priority.

–W V LPSRUWDQW WR 4QG VRPHWKLQJ WKDW \RX HQMR\ ZKHQ
1RZ PRUH SHRSOH WKDQ HYHU DUH LQWHUHVWHG LQ 4WQHVV
EHGURRP 4WQHVV UHVRXUFHV DQG WRROV WKDW PDNH LW H

Here are some ideas. Tick the ones you may be interested in adding to your Stress Resilience Action Plan:

- … 6FKHGXOH D GDLO\ ZDON
- … &RPSOHWH [illegible] EH YLGHR ZRUNRXWV
- … 3. Do a free trial of Les Mills at home workouts.
- … 'R RQOLQH \RJD ZLWK $GULHQH
- … 'R WKH VZHHQJWK DQG 5HLPEXUVH 1+S6DQ
- … 6HW \RXUVHOI D FKDOOHQJH WR [illegible]
- … –QYHVW LQ GRRU HTXLSPHQW
- … 8. Do this 10 minute home cardio workout IURP WKH 1+6
- … 9. Find an outdoor gym to visit.
- … 10. Browse Pinterest for indoor workouts .
- … 'R DQ D•RUGDEOH DW KRPH [illegible] ZRUNRXW ZLWK D
- … 12. Invest in a Fitbit to track your progress.

Don’t forget: Motivation follows action!



Further Resources

"Don't be ashamed of needing help. You have a duty to ful l just like a soldier on the wall of a battle. So what if you are injured and can't climb up without another soldier's help?"
- Marcus Aurelius

We love hearing from you.

—

Thank you to everyone who shared their