



# Be kind to yourself

Right now, many people are feeling anxious, stressed, worried and scared. These feelings can manifest in a number of ways: headaches, constant worry, needing reassurance, procrastination, lack of patience, panic attacks, stomach issues, overthinking, sleeping problems and so on. Anxiety is a normal fear response to the things we cannot control.

Here are some suggestions of things you can do to help manage anxiety and improve your general wellbeing. Try applying a few of these strategies consistently for a period of time and see if you notice a difference.



## Mental Wellbeing

- **Notice what you are telling yourself.** Many of our anxious thoughts are not facts and we don't have to believe or follow them.
- **Learn to accept what you cannot control.** We don't have to like the situation but we can stop wasting our energy on fighting it.
- **Proactively do some things you can control.** Set yourself three goals to achieve every day, either work or personal.
- **Reduce media exposure.** Don't check the news all the time and set a limit on social media, it might make you more anxious.



## Physical Wellbeing

- **Exercise is more important than ever.** It reduces anxiety, improves mood and strengthens our immune system. If you're too nervous to go outside, try out any of the routines now available online.
- **Establishing routines can help you normalise the current situation.** Routines make us feel more in control.
- **Take a one-minute stretch break whenever you can throughout the day.** Stand up, change positions and stretch to get your blood flowing.
- **Schedule time to go outside.** It'll make you feel less isolated and Vitamin D from the sun also helps our immune system and your mood.



## Social Wellbeing

- **Find a close workmate or a friend and try to briefly connect with them each day.** It is important to talk about how you feel with someone you trust.
- **Get out of your bubble to get some sun and fresh air.** It's good to separate from the people around you every now and then.
- **Minimise use of your devices before you go to bed.** It's great to connect with others but it can also increase anxiety, besides, the blue light will affect the quality of your sleep.
- **Connect with a friend or whānau member who you haven't talked to in a while.** Do video calls in place of texts.

It's normal and natural for you to be experiencing varying levels of anxiety right now. The important thing is to acknowledge how you feel, be kind to yourself, take it one day at a time and apply some of the good practices listed above.