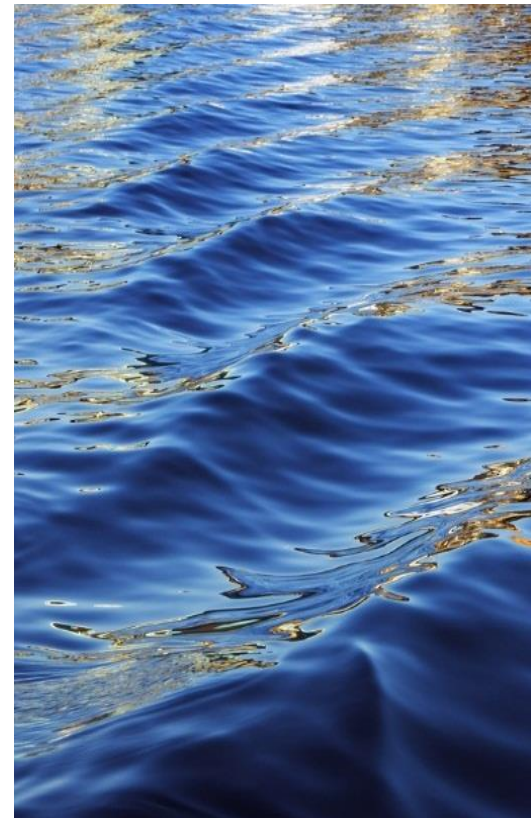




Personal Protection for Your Mental Health & Wellbeing

Support for those in the front line: COVID19

Professor Abbie Lane



We are in extraordinary times.....

- For some – the moment we have trained and waited for...
- For some – the moment we dread and thought we would never see
- For most of us it is not like anything we have ever seen before
- This is a marathon, not a sprint and we need to boost our resilience to come through.
- The demands of current COVID-19 situation are challenging and stressful. Over many years working with stressed people I have seen what helps relieve stress quickly. I am sharing these suggestions with you to help protect your mental health. They only take a few minutes to practice and are quick and effective ways to de-stress and decompress.
- I have provided the links so you can access them easily.
- I hope this helps. Take care, Abbie.



Breathe.....

1 to 2 minutes



Breathe.....

- https://youtu.be/gtOJZQhO_Uw
- <https://www.youtube.com/watch?v=No2BnHwS5FE>
- <https://www.youtube.com/watch?v=MJ7VSirHuQA>

Body Scan

- 3-10 minutes
- <https://www.youtube.com/watch?v=CyKhfUdOEgs>
- <https://www.youtube.com/watch?v=fUeEnkjKyDs&list=PLbTuZkZyHw9l7-YcOp27YgOVuo1tCJUFE>

**3 MINUTE BODY SCAN
MEDITATION**



1ST MINUTE

Sit upright, close your eyes, and bring your attention to your body. Feel the weight of your body. Now take three deep breaths.

2ND MINUTE

Notice the sensations of your feet touching the floor, and your back against the chair. Bring your attention to and soften your stomach. Soften your hands, arms, shoulders, neck and throat. Relax your face and facial muscles.



3RD MINUTE

Notice your whole body present. Take one more deep breath. Be aware of your whole body as best you can. Take one last deep breath and when you're ready, open your eyes.

thefuddlist.com

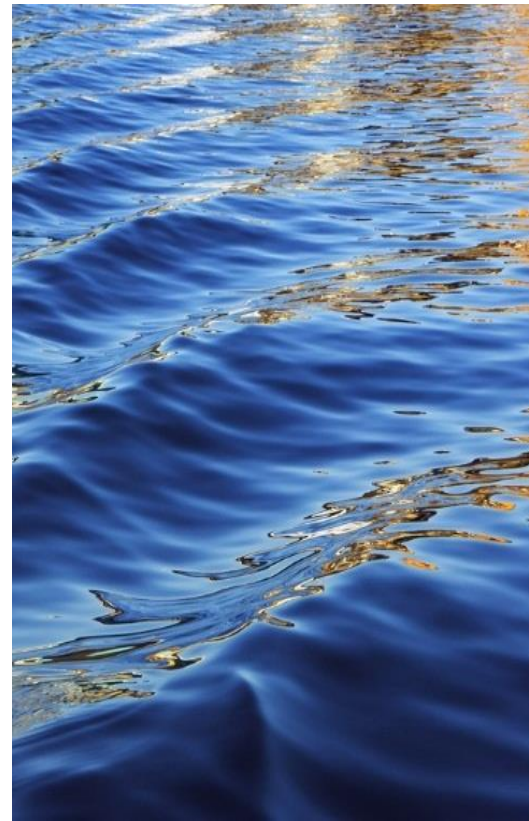
Quick Tension Release

- Make tight fists of your hands, tight as you can, hold to the count of five and quickly release, repeat as needed
- Wrap your arms tightly around your shoulders, hug your body as tight as you can, hold to the count of five and quickly release; repeat as needed
- You will feel an immediate release of tension



Mind and Body Fit

5 to 10 minutes or more





Music
2 to 10 minutes or more....



Create your playlist

- <http://thenostalgiamachine.com/>





Decompress Tips

2 to 10 minutes



Diary - write or record what happened to you today and how you felt – it can be long or short – try not to censor



Move – jump, run, stretch



Connect with family and friends, pets



Try some self-soothing activity – Cook
- Bath - Sleep - Spirituality



Keep track of what you achieved in your day (3 things) and through your past life (1 thing)



Remember

- You did your best in these challenging times...

How to Decompress after work.....





Wellbeing Tips

Every day habits



Fuel Up....



Drink plenty of water



Take regular food breaks



Try not to snack, overload on coffee, chocolate, energy drinks



Watch your alcohol use



Try to get some fresh air & sunlight and to take frequent short (2 to 10 minute) breaks

And Remember.....

