

Looking after your mind while **Self-isolating**

The 3 ingredients of Resilience

Resilience is the ability to bounce back when we are going through something we find really difficult.

During a tough time, if we make sure we have a bit of light in our daily lives it can help us look forward.

It won't fix the tough situation or make it disappear altogether, but it gives us a way of getting through it, day by day.



A sense of pleasure

Make time to do at least one thing you really enjoy each day - something that doesn't feel like work, the makes you smile and forget your worries for a little while.

This can be any activity you enjoy, for example...

- Doing a meditation
- Working in the garden
- Painting
- Knitting
- An exercise you enjoy
- Watching a movie
- Reading a book



A sense of connection

Social connection is vital to our wellbeing. There are ways we can still get this sense of connection even if we can't see others face to face.

You could:

- Spend quality time with those in your household eg. play a board game, watch a movie together, or talk about your favourite memories.
- Connect using the phone or video calls.
- Write a letter – you don't have to post it, sometimes writing down our thoughts & feelings can give us a positive distraction and help us feel closer to that person.



A sense of achievement

Completing a task gives us a sense of achievement, satisfaction and completion which makes us feel good and is a positive distraction.

- Write a list of goals you want to complete – these don't have to be big goals, keep them small and achievable eg. doing an odd job around the house you've been putting off, or completing a puzzle or book.
- Take it one day at a time and make sure you don't try and do too much all in one go.
- Don't beat yourself up if you don't complete it all in one go. Tomorrow is always another day.

