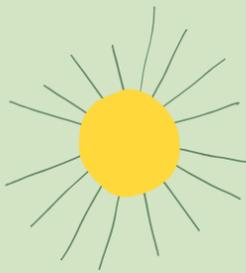


POST-LOCKDOWN TRANSITION TIPS

PACE YOURSELF

It might be tempting to make lots of plans and say yes to everything now that things are opening up again. Take it step by step, and only do what feels comfortable and safe for you - ease back in gently, and allow yourself time to get used to sights and sounds again, so you can build your activity levels back up as your comfort and confidence levels return.



MAKE AN ACTION PLAN

Avoiding the things that make us anxious can sometimes feel like the easier option in the short term, but this can make it harder to start facing our fears in the longer term. Instead, try to set yourself small but manageable targets. Start with activities that are important to you and feel achievable and enjoyable, like meeting up with a group of friends- and gradually build up from there.

KEEP SOME SMALL ROUTINES

Even if your normal weekday or weekend habits have now changed again, some things can stay the same. Are there areas in your life where it's easier to stick to a routine? Something as simple as going to bed and waking up at the same time each day or making sure to stick to your set lunch break can make a big difference



DON'T LOOK TOO FAR AHEAD

When there's lots of change happening, we can get caught up in worrying about the future. Instead, try to shift your focus to "now". Make plans but try not to dwell on "what ifs" or what was "supposed" to happen. Relaxation, mindfulness or getting outside and enjoying nature are all good ways to help you focus on the present

CHALLENGE UNHELPFUL THOUGHTS

It's natural to feel worried every now and again, but our anxious thoughts can sometimes be unhelpful. If you can learn to identify and separate unhelpful thoughts from helpful ones, you can find a different way to look at the situation.

ALLOW FOR QUIET TIME

Being able to see more of our friends and family, and visit places that might have been closed until now, is exciting. But it can also be a lot to take in all at once, so it's important to find regular time for yourself to relax too. Many people find it helpful to spend time outside. Whether it's gardening or taking a walk in a local park, being in green space can help to lift your mood and calm your mind.

TALK ABOUT IT

It's easy to feel isolated or lonely when we're struggling. But you don't have to go through this alone. Chances are that someone you know feels exactly how you do too. Opening up to a person we trust can be really helpful, whether it's a friend or family member, a GP or other support services, such as your company EAP provider. If you're feeling worried about returning to the office when it reopens, speak with your Manager and/or HR and tell them how you are feeling.