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# KEEPING WELL

IN TIMES OF UNCERTAINTY  
AND UNKNOWN



## Breathing exercise:

Sit in a comfortable position and close your eyes. Take a deep breath through your nose all the way down to your abdomen, feel your tummy expand, then you exhale through you nose. Repeat 3 times.

Now take a deep breath into your chest, fill your lungs with oxygen, then exhale through your nose. Repeat 3 times.

Next take a deep breath into your abdomen, without breathing out, take another breath into your lungs and again without breathing out breath into your throat, then exhale through your nose. Again repeat 3 times.

It is normal to feel slightly light-headed after this exercise, this occurs due to the intake of oxygen into your system. Take some time to be still. Enjoy the feeling of calmness.

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## KEEPING WELL

We went to sleep one night and when we woke up the next day we found ourselves in a different world to the one we had gone to sleep in the night before.

Without warning everything that was familiar became alien: an invisible enemy was amongst. All that we had known was now being questioned.

SUDDENLY we experience as sense of **LOSS**

# KEEPING WELL



## COVID 19 - GRIEF STAGES

DENIAL: "This virus won't affect me."

ANGER: "You're making me stay home and taking away my activities."

BARGAINING: "Okay, if I social distance for two weeks everything will be better, right?"

SADNESS: "I don't know when this will end."

ACCEPTANCE: "This is happening; I have to figure out how to proceed."

MEANING: "I'm realising new things and appreciating simple ones."

Harvard Business Review:

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

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## Some tips for maintaining **WELLBEING**

- It is ok to be **anxious**: anxiety is normal in times of uncertainty and fear. Initially we may feel lost but it is amazing how quickly we adapt to new ways of being.
- When you feel anxiety remind yourself  
**“This is temporary – it will pass”**

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## SET A ROUTINE

In moments like these it is vital that we set a routine for our days:

- set and maintain a time to wake up and get out of bed
- get changed from night clothes to day clothes
- try and create different spaces for different activities (when possible)
- set clear hours of work
- make time to do leisurely activities
- distinguish between week days and weekends

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## EAT WELL

*A healthy body is a healthy mind*

- make time to prepare nourishing food – maintain good eating habits and times.
- allow yourself a “cheat snack” – Do NOT be too harsh on yourself

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# EXERCISE

WHO recommends at least 30 minutes daily:

- physical exercise has been shown in multiple studies to help both body and mind. It helps to reduce stress, improve mood and increase energy.
- exercise is not always easy to maintain; so exercise in a way that you allows you to enjoy it.
- there are plenty of workouts to follow online.
- you could also exercise together with friends using virtual methods.



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## REMAIN CONNECTED

- keep in touch with family; phone or video call parents/ grandparents we may have had to stop seeing
- speak to friends/ colleagues we cannot meet up with
- reconnect with old friends you may have lost touch with due to a busy lifestyle
- have virtual lunch and dinner dates

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## LIMIT ONLINE EXPOSURE

- do NOT spend excessive time refreshing news portals for the latest news.
- decide on the times of the day when you will check and adhere to them- limiting it to 3 times a day

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# THINK OUTSIDE THE BOX

Use this time:

- to do “things” we always put off as we never have time
- start a new hobby
- try your hand at something new
- read that book that you have been wanting to read

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## **LAST BUT NOT LEAST: Take this opportunity**

### **Use this time to reflect upon your life**

- what do I wish to learn from this time?
- are any changes I wish to make to my life?
- what are the values, choices and beliefs that really matter to me?
- which relationships are important to me and why?

## FIVE CREATIVE REFRAMES IN A TIME OF COVID-19

shelter-in-place



*artist-in-residence*

quarantine  
out of fear for  
self-protection



*quaranteam  
out of concern for  
collective well-being*

social distancing



*physical distancing*

isolation  
& loneliness



*solidarity  
& solitude*

economic collapse



*ecological renewal*

@benjaminhenretig

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## Grounding exercise:

Sit somewhere where you can keep your back straight. Your feet need to be firmly on the ground (ideally take off your shoes), become aware of how steady the ground beneath you is.

Now look around the room and name:

5 things you can **see**

4 things you can **feel**

3 things you can **hear**

2 things you can **smell**

1 thing you can **taste**