

Coming out of COVID19: Mental Health

Whilst we may have been experiencing some degree of stress and anxiety recently, we recognise this is potentially a normal response to Covid-19 and for which is a new challenge/experience for all of us. It is also important to recognise that anxiety may be driven by the expectant 'new changes' such as restrictions starting to ease and as we start to face the 'new normal'

We may become fearful of integrating back into society, worrying about the risk of becoming infected and falling ill. There are many things that might trigger our worries and anxiety these can include...

- + Travelling on public transport
- + Returning to the workplace
- + Being around other people again
- + Sending our children back into school
- + Facing the uncertainty of the 'new normal'

Uncertainty can often feel difficult to tolerate and often we need to start by managing the uncertainty.

There are practical things that we can do to ease managing our worries and anxiety such as:

- + Following Government guidance to reduce risk of infection when on public transport or in public areas.
- + Ask for support and regular reviews with line manager to discuss any concerns in the workplace

Other techniques that we can do to help are:

- + Allowing ourselves the time and space to adjust by taking small steps each day
- + Remain socially connected with others (following Government guidance)
- + Maintain a regular routine
- + Set goals for the future, no matter how small
- + Relaxation or mindfulness techniques
- + Manage our worries.

We engage in worry seeing it as a positive process for example: 'worrying will help me solve the problems' or "worrying will help me prepare'. We can help challenge this by being aware of what is and is not in our control, for example worrying about things within our control allows us to problem solve and come up with a plan. Worrying about things outside of our control can often fuel anxiety and increase our worry and does not allow opportunity to problem solve and is therefore an unhelpful behaviour with no positive purpose.