

## Well-being in a Challenging Time.

For some people lockdown is a difficult time. Looking after our mental well-being is important. I have put together a few tips that may help you or someone you know. You don't need to do all of them but use the ones that are helpful for you. I have organised them to help you remember using the acronym **RACEING** (misspelt I know)

### **Routine**

Keep to a regular daily **routine**. The structure helps to support us especially if we put a mix of work/study, socialising, "me" time, exercise, hobbies, and chores into this structure. It also means we don't forget any of these.

### **Alternate Story**

It is very common for people to over-think things and worry too much, especially at a time we might be finding stressful. There is part of our brain that is very good at feeding us a negative and distorted message. Be aware when this is happening and ask yourself what is **the alternate story** here? Focus on that one instead.

### **Connection**

While this is more difficult during lockdown having **social connection** is really important especially if we live alone. Use the telephone, email, social media, zoom to connect with friends and family.

### **Exercise**

Countless medical and scientific studies have shown that **exercise** is very beneficial to our physical and mental well-being. You don't need to run a marathon! A short walk is great. Extend it as you get fitter if you have been a bit sedentary in the past.

### **Internet**

Bored or feeling a bit glum? Go on the **internet** and go to "YouTube". Watch favourite music clips or extracts of old comedians.

### **New**

Use the extra time you may have because your normal activities are on hold to learn something **new** – perhaps a new hobby, skill or language. Again the internet has heaps of useful material. Watch some TedTalks if you haven't before.

### **Gratitude**

At the end of each day write down 3 things you are **grateful for**. They can be big (e.g. I'm grateful that I have a wonderful family) or small (e.g. I'm grateful our magnolia has beautiful flowers today). If you write them down you will grow an ever expanding list that you can look back on. You can include them as part of prayer as well.

So remember to do some **RACEING!!**