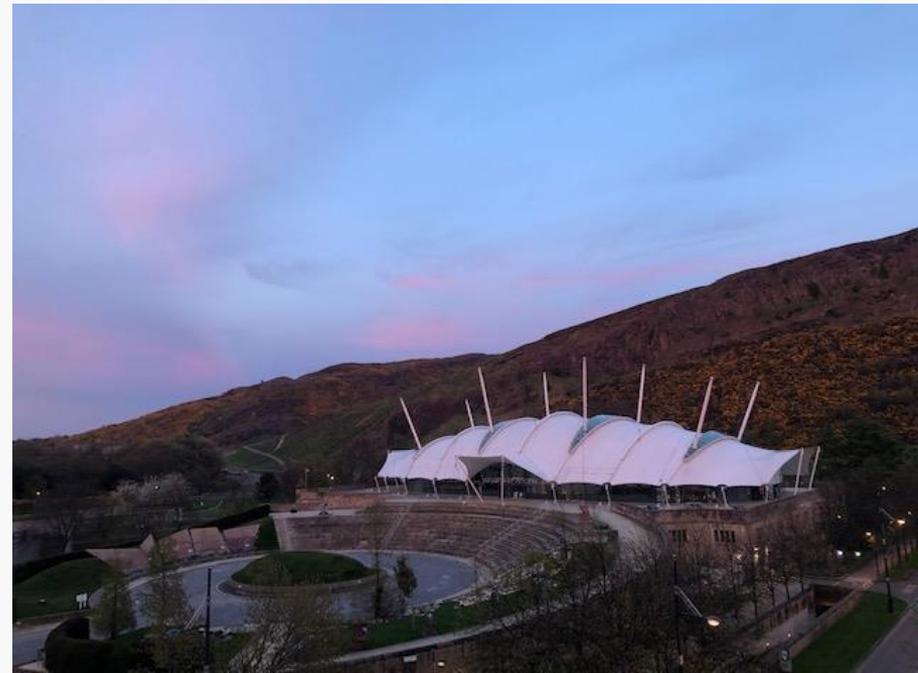


Tips for Surviving Lockdown and Staying Well and Healthy

Professor Jane Ali-Knight

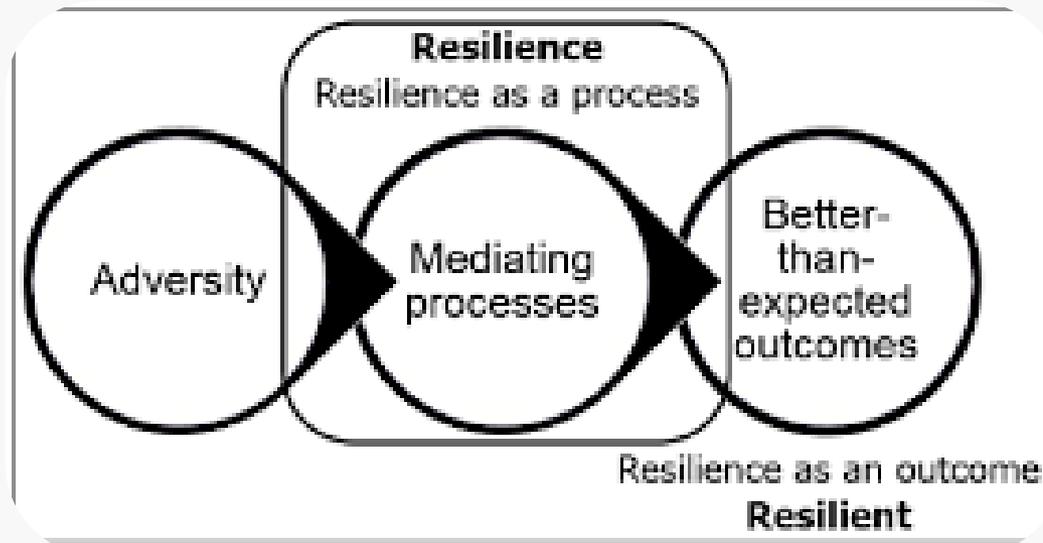
Edinburgh Napier University, Scotland.



A few questions before we start...

1. What does wellness mean to you?
2. How do you know you have it?
3. How do you know when you don't?
4. Why does it matter?
5. Can we do anything to make us feel more balanced and healthy?

What is Resilience?



Garmezy (1973)

Psychological Resilience is defined as “an individual’s ability to properly adapt to stress and adversity”

Or sometimes termed how well you “bounce back”
From challenges that come your way...

How do you know if you're Resilient.. Or not so?

Spectrum of Behaviors from Highly Resilient to Mal-functioning



Why are we sometimes more resilient than others?... factors include....

Sleep – kids/ dogs/neighbours kept you awake/working late or long shifts

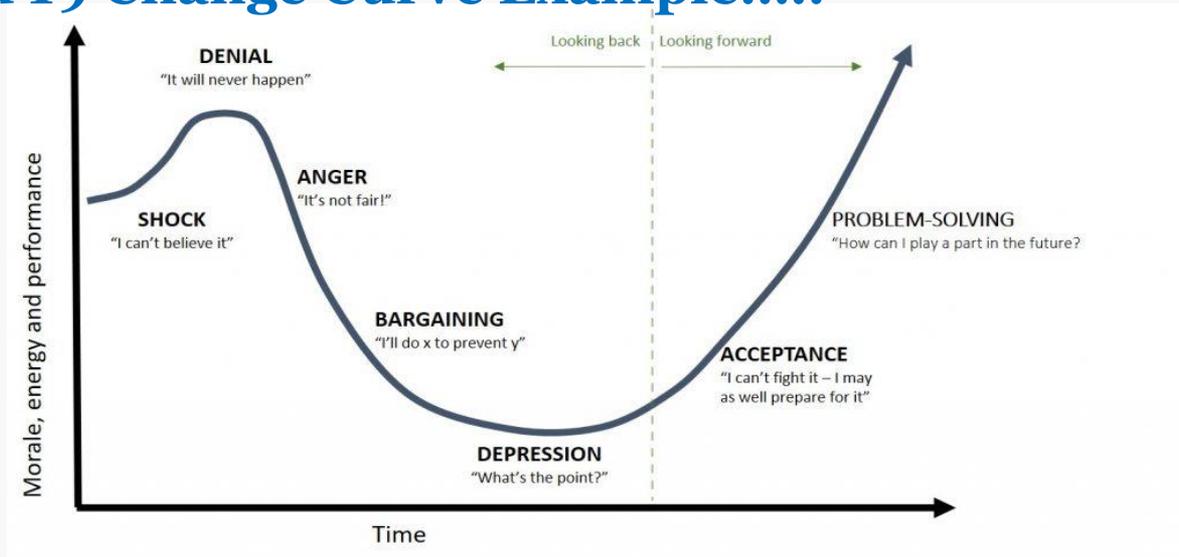
Eating /drinking too many unhealthy things

Lack of physical activity - enough exercise

Worry about family/ job/ health

Too much going on / how in **control** we feel/ too much **change**...

The Covid 19 Change Curve Example.....



Shock & lots of energy: "It's coming our way... let's get hyper organized incase there's a lock down... buy loo roll, pasta, tins of tomatoes and we will be fine...! I'm quite enjoying the loo roll banter actually ... who would have thought "

Denial: "A lock down ... for 3 weeks... you can't be serious!? Kids off school.. Just for a week or two... not until June surely?"

Anger: Why should our families have to suffer because someone ate a bat...?! Why did people have to travel and bring it here...?! We should have acted sooner! Why do schools have to close.... no on top of everything else?

Bargaining: So can we still go to the beach or the park can't we? It doesn't have to be a strict lock down does it...? I could go and visit somewhere by car and have a mini holiday... to Fife... to Arran... to Cornwall...to Wales ..to the Highlands and Islands..? If I don't talk to or look at anyone it won't be like a real holiday and I promise not to enjoy it too much!

Depression: "No.... It's a real lock down". "The parks were full... I wish I'd gone out/ not gone out" "the virus is coming our way"... "I don't feel well.. I can't smell anything... is this a new cough or an old one?" "Now I have no business, how I will I survive?" "Someone my age got it... My friend's granny is ill..." "People will think I'm a failure if my business goes under..." "I liked my life the way it was, I know I moaned, it wasn't this bad though"...

Acceptance: Maybe I just stay in and watch that Netflix box set, sort out my website/ garage/ kitchen cupboards. I will become a volunteer.

Problem Solving: "I'll join some networking groups, invest in personal development & do things I never normally have time to do." " Let's get fit... let's bake...This won't last forever... best make the most of it....." ..etc. etc.

Top 10 tips for creating balance and wellness

1. **Find your own relaxation techniques**... yoga, have a bath, listen to music, focus on your breath, dig the garden
2. **Notice when others (or you)** are placing unrealistic demands on yourself
3. **Take up a new interest or hobby**... something to take your mind off the day to day, but make sure it is realistic and achievable
4. **Make time for friends and people** that make you laugh/ smile and allow you to talk
5. **Remind yourself** of small things you can be **grateful** for... even if it is as small (or as big) as you are breathing..
6. **Remember** times when you have got through tough things before... what did you learn?
7. **Take one step at a time**... you don't have to do everything today
8. **Enjoy being outside** and reconnect with nature – sit in your garden, walk in the park, looking at the blossom out your window
9. **Treat yourself** – order a book online, buy that expensive bottle of wine, chocolate and more chocolate!
10. **Be kind** –think of yourself as a kind friend would. Make your inner self talk that of a kind friend...

Staying Fit and Healthy

DO'S



DON'TS



MR. WORRY

By Roger Hargreaves



Further Resources

<https://www.eventsforce.com/blog/coronavirus-6-ways-to-work-well-from-home/>

<https://www.mindbodygreen.com/articles/phases-of-coping-with-covid-19-stress>

<https://www.edinburghnews.scotsman.com/health/coronavirus-and-mental-health-tips-maintaining-your-mental-wellbeing-during-lockdown-and-how-relax-2519062>

<https://www.independent.co.uk/life-style/health-and-families/coronavirus-how-stay-fit-home-lockdown-a9429931.html>

<https://www.independent.co.uk/life-style/coronavirus-healthy-food-how-to-eat-lockdown-a9442241.html>

<https://www.youtube.com/user/thebodycoach1>

<https://yogawithesme.com>