



Top tips for maintaining your resilience during C19

First, WHAT TO DO

1. Prioritise.....

water, food, shelter, clothing, and physical and mental health first.

You can't care for anyone else 'till you've cared for yourself.

2. It's OK to feel.....

scared, numb, sad, angry, guilty, stressed, defensive, exhausted, overwhelmed, perplexed, foggy, powerless, etc. It's not weak, it's human. And express your emotion if you want to, in private or to a trusted friend or loved one to stop your feelings dragging you down.

3. Then get positive.

Walk away for five min, take deep breaths, and force your mind to focus on positive memories. The great holiday you're going to have after all this is over; the fun you had with one of the people you support. The smile people have when they see you. Visualise it and play it through in your mind and then say something like.

"We are OK, one thing at a time, and everything I'm doing is good enough." We can't escape most difficult circumstances we find ourselves in in the ways we'd most like to escape. Our brains, bodies, and psyches, benefit from breaks, like mini power naps.

4. Rest.

Work hard to deal with this situation, sure, but not by working yourself into the ground. Do all the obvious things like getting a good night's rest, and also, during the day, *rest* by taking a mini nap, or sitting and slowing your breathing.

You can't do it all now, at this moment. Prioritise and find those things that you can do "not right now," "I can do that later," "tomorrow," You simply cannot attend to every single need that crosses your awareness. Do the priorities first. Do the others when you can.

5. Understand survivor's guilt.

It's real. Others are experiencing epic loss and you may not be at the moment. It is your lovely empathy that brings on this guilt. This is natural because you care.

Breathe and let this guilt go with the exhale each time it comes up. It's not productive and saps your energy and may lead to depression. You're doing what you can to help others and without you maybe no one else would be.

6. Laugh.

Plan fun. Enjoyment and joy help us in this fight. This is "nutrition" for prevention.



7. Enjoy your successes and appreciate what you can.

Like that person you support feeling safe in your company. Their laughter because of how you've made them feel. Appreciate every good thing around you and take a moment to notice whatever it is that's good. The sound of the bird singing, the sun on your face as you stand by the back door.

NEXT WHAT NOT TO DO:

1. Don't try to do everything.

Limits are real and keep us psychologically and physically safe. Do what you can and let go of all the rest. We climb all mountains one step at a time, and we get there eventually. This is expectation management in action; unrealistic expectation is an energy drainer. Realistic expectation is a way to tap into more energy by allowing expectations to remain achievable.

Maintain emotional boundaries by not allowing other people to "put" this stress of doing all the things onto you.

2. Don't try to make sense of feelings/emotion.

Feelings are things we need to FEEL. *Making sense* is for thinking. Sensitive people feel a lot of things deeply. It really is okay, at times of extreme stress, to radically accept that we can just move through the feelings and they often won't "make sense," and that's okay.

It's when we start believing we *should* be able to make sense of feelings that we can really question our sanity, such a drain on energy. It's important you connect with people you trust and can lean on to maintain good mental health and stay safe during this time.

3. Don't "should" yourself about goals.

Most people have goals for the futures. C19 means our goals have changed. We feel we've lost control. We can loathe the reality of C19 and our lack of control, which is a huge energy drain.

Now's the time to let go of expectation and adjust.

It is normal to struggle with this, normal to want to scream or curl up in a ball and disappear when we feel an absence of control. It's your job right now to keep depression/anxiety at bay to focus on what IS in your control.

At a basic level, this explains the psychological act of taking a breath, stopping to take a long, slow, deep breath can feel so damn good. We have full control over taking that breath. Sometimes, we resist the simplicity of a breath because subconsciously we don't want to admit all the other things we don't control. This is not a time to fight this reality, it's a time to take the most epic care of yourself as possible.



(adapted from Nikki Eisenhauer The Thought Catalogue)