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Personal Tool & Tips Remaining Positive

Remaining or regaining positivity during a pandemic is difficult to say the least. The steps to get there are around looking at the situation from a new perspective, challenging current levels of thinking and reviewing current attitudes. It is rather easy to allow negative thoughts and feelings to take over during COVID-19 because so much has changed. But if there is a way for some positivity to wriggle in from the form of gratitude, faith in humanity, routine and helping others, there may be an optimistic outcome for the mental health in the community.

Positivity does not mean looking at all situations through an optimistic lens but certainly challenging the negative thoughts and current world view that “everything is doomed”. A wonderful piece of advice that was freely given out was trying to avoid the words “should” and “always”. Sage advice and even a better outcome for everyone if you can manage it.

So, how does the positivity trickle into your life?



- **Stay connected with others** – find a video platform that works for you and check-in with the people that you love, like to spend time with and miss. If family and friends are close and the restrictions where you live are not set, reach out and make a time to connect.
- **Keep moving** – yes exercise. Small, large, and medium amounts will do. The more that humans move, the better that they feel. The better they feel, the more likely they are to find positive outcomes, even during a pandemic.
- **Learn a new skill** -whether that is learning about a new country, language, or person, it all counts. The more that the brain is challenged, the more that can be learned, and our neural pathways can form. This creates more options and choices when things get stressful.



- **Manage your time** – keep planning, reviewing, setting boundaries, and letting go of time wasters in your life. Understand what your strengths are, play to them and ask for help when you need it.



- **Check your resilience** because when dealing with stress and managing our self-care, a healthy dose of resilience is needed. Many humans were born resilient and lost that skill as they aged. If you are interested to see a non-peer-reviewed quiz, check it out [here](#).
- **Practice strategies to keep positive** - seek out the stories where there is hope. Find the good in humans and look at ways that they are helping on a local and global scale. Seeking positivity in the form of neutralising negativity and practising wellbeing can be done daily.



- **Get plenty of sleep** is probably the most crucial part of remaining positive during COVID-19 because it is exhausting! If sleeping is not a skill that you have excelled at over the years, this could be the time that you gift yourself a good night's sleep. Review your sleep practices, hygiene, and stress management practices before bedtime. If it is a severe issue (and not yet been treated), look at it like a physical injury that needs to be managed over time. Get the right support and the right services to assist in getting a good night's sleep.
- **Get your information from credible sources** and minimise your screen time. Of course, this is hard when a great deal of the work has gone virtual, and the activities that have previously been enjoyed face to face moved to Zoom. If you like a particular media commentator (and they are credible) subscribe to them and read/listen to them just once a day.
- **Keep your routine.** If you are an early riser, maintain that approach. Similarly, if you take a walk at lunchtime continue to do that. Routine allows your days to feel normal and can feel empowering because you are in control of your routine. COVID-19 has taken so much and maintaining your sense of agency is important in a pandemic.

Overall, the pandemic will end at one point. If you can use the lack of socialising as a way of slowing down and filling up your internal wellbeing, the benefits will be felt for a long time to come. If anyone had spruced the idea of WFH (working from home) as a way of life in 2019, the idea would have been laughed at. Now, almost seven months in, we are all ok, and the sky has not fallen in. So, before the world gets busy once again, take a moment to smell the flowers and notice just how gorgeous the tree is in the backyard.

Remember, as your EAP, we are here to support you whatever the nature of your concerns. For a confidential conversation with one of our experienced clinical professionals, please contact **AccessEAP** on **1800 818 728**.

