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Personal Tips & Strategies *Turning to Kindness*

Stay Safe

1

Staying safe means something very different from what it did at the start of the pandemic. As we continue to live through the pandemic, remember to keep your mind, emotions, thoughts and feelings safe. Make sure you invest the same time, effort and energy looking after these as you are with your physical wellbeing. Make sure to carve out some time in your day that is just yours to do something that brings you calmness, peace, joy or some relief. Plan some *you* time!

Define support

2

You've probably heard someone ask "is there anything I can do to help you?" Resist the urge to automatically reply and say "I'm ok". It's ok not to be ok. It's ok to be ok. The pause you take will help you more clearly think and articulate what it is they can offer to you that will help, assist, support or benefit your wellbeing.

Routine

3

As humans, it is a very human thing to find comfort in a well-established routine. Think of the things you do each day – you probably have a routine for when you get up in the morning to get ready to go to work. If you have children, you will have school day and weekend routines. We know the scientific benefits of having a routine to go to sleep at night. Try and bring the way you create and stick to routines to your workdays, as it will help you feel more in control.

Be kind

4

Now more than ever, be kind to yourself and others. Pay attention to your thoughts and feelings without investing in them. It's ok not to be ok. It's ok to be ok. If you find yourself not feeling at your best, acknowledge it and don't feel the need to make yourself feel better. When you're ready, acknowledge you're not at your best, but you're ready to feel better.

Be fair

5

It's great to be kind to yourself. How can you be kind to yourself and others? Be fair. We're all going through the pandemic together. Some of us are in different circumstances, such as physical distancing. It's easy to feel we are isolated from others when we can't connect in the ways we want to, or used to. If we understand, recognise and behave in a way that demonstrates we can be kind *and* fair to ourselves and others.

Recognition

6

We're all doing our best! Think about those you interact with, such as health workers, essential workers or outside of our workspace, colleagues, families and friends. We can spread some positivity by being kind and fair when we all recognise that we're in this together.

No multitasking

7

Humans are not built to be multi-taskers! Now more than ever, while we might feel that we need to do more, juggle more or push aside how we're feeling to focus on what we need to do – you really don't! You can choose to be calm, thoughtful and considered about your wellbeing and that of others. This is one of the best ways to ensure you don't burn out or run yourself down. Remember, we will get through the pandemic, but you still need to be you in order to enjoy the celebrations when we get through this!

For a confidential conversation with one of our experienced clinical professionals, please contact AccessEAP on **1800 818 728**.

