

Keep calm and carry on ...

The Covid-19-related stress, anxiety and sleeplessness won't be going away any time soon so it's important that we take care of ourselves, our families, and our colleagues.

The government's Covid-19 website has a lot of resources. There are also some things you may not have thought about.

- Regular exercise – a simple daily walk can reduce levels of stress hormones
- Research studies have shown that upping your fruit and vegetable intake, and reducing refined, processed and sugary foods has a beneficial effect mentally as well as physically
- Practising mindfulness / meditation can be great at calming your mind – but it may not work for everyone. (You may be like John Kirwan and prefer active relaxing – check out his website for more information). If you've tried mindfulness / meditation and it's not for you, maybe something more active will help – yoga, tai chi, progressive muscle relaxation*

The important thing is to find something that you can easily tap into, to calm yourself when you get stressed and anxious.

*Progressive muscle relaxation – inhale and contract one muscle group (e.g. make a fist with one hand), exhale and relax, wait 10-20 seconds then repeat with a different muscle group, working your way through all muscle groups. This is a gentle activity that provides a focus for your thoughts.

<https://www.mentemia.com/nz/> - Mentemia – led by John Kirwin, helps users develop a well-being plan – free app

<https://www.justathought.co.nz/covid19> - Just a thought – free resources and online course with strategies to help you and your family manage stress and wellbeing.