



## Wellbeing during the Coronavirus pandemic

### **Mindset**

- Even those who regularly work at home may struggle to do so for the extended period and in the circumstances currently expected of us by the Government. You are likely to experience limitations in technology, your home environment and due to lack of face to face contact with colleagues;
- You may not always feel as productive or effective as you would like to be or expect of yourself;
- It is important to recognise this and give yourself some slack. Practice self-acceptance. Do not be too hard on yourself (see more in distractions below);
- It is perfectly normal to feel guilt as well as worry for the future. It is important to recognise this may be your inner perfectionist and the need to be kind to yourself;
- Always get dressed as it will prepare you psychologically for the working day;
- Maintain personal hygiene – shower, brushing your teeth – its easy to say I'll do it later then forget;
- Think about your work environment (see in more details below);
- Stay connected with others (see in more detail below) as this helps to alleviate the feeling of isolation and loneliness. Feeling disconnected can affect mental health and well being;
- Unless you have no work – as hard as it is don't view this as if a holiday period;
- Albeit there is no stability or normal at the moment, try to create a sense of stability for yourself. Create your on own predictability and productivity. This can give you a sense of control;
- Try not to be constantly reading the news. The world of 24-hour news, combined with the existence of a pandemic, means that there is constantly some new development you can be reading up on. Avoiding this will help reduce your anxiety levels and enable you to feel more productive.
- The effect will be different on each practitioner. It is normal to feel anxious if you have less work than usual; try to identify how you can use this time positively;
- Think if there are any administrative tasks you have been putting off that you could get done during this period – organise emails, file PDF attachments in case files; practice using new technology (especially if someone in the household who can help you with this or a friend who you can practice virtual meetings with before needing to do so with clients/court), ensure you have a cloud based digital filing system for cases you need to access remotely, organise your cloud based digital filing to make it easier to access files during virtual meetings or court hearings, identify articles you want to read or write;
- Keeping busy will help the time pass quickly, help you feel productive and will mean you have a far shorter task list distracting you from work when life returns to normal. Consider outstanding DIY in the house, sorting out the loft/garage/shed, sorting clothes to donate to charity, organising holiday photos, books you have always intended to read, learn a new skill such a a foreign language or musical instrument or how to edit photographs or videos;
- If you are struggling with your mental health and well being, practice being grateful i.e. each day identify 5 things you feel grateful for, or 10 if you can;
- If you feel anxious engage in breathing exercises, repetitive movements (knitting, colouring, painting, skipping) or right-left movements (walking, running, drumming, hopping, crossing arms and touching the opposite shoulder repetitively). Research has shown these can be effective if you feel anxious or distressed as helps the brain move away from fight/flight mode. Right-left movement, connects the two parts of the brain and has a calming effect;

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- If you are feeling low find something funny to lighten the moment, such as animal videos on YouTube, a stand-up comedy or comedy movie, or do something good for someone else – this gives the feeling of positivity;
  - Remind yourself this is only temporary. It can be useful to take the quarantine moment by moment – day by day or week by week, to prevent the feeling of being overwhelmed;
  - See the accompanying article for self-care (mental health).