

**LOCKDOWN MENTAL HEALTH.**

# **Lockdown Mental Health 'Survival Kit'**

How to protect your mental health and wellbeing.



# *This kit covers:*

## **TALKING POINTS**

The impact that lockdown can have on your overall well being and how to combat that.

The things that you can do to go from surviving to thriving

The 'what to do' if things get too much for you.

# *How mental health may suffer*

LOCKDOWN 2020.



## YOU FEEL ANXIOUS

Uncertainty will lead to anxiety. New anxiety occurs and current anxiety is exacerbated.

## YOU BECOME DEPRESSED

Doom + Gloom may lead to or exacerbate depression and a feeling of hopelessness.

## YOU FEEL HOPELESS

It may feel like there is no way out of this, and loneliness, isolation, may leave you feeling hopeless.



# Here's what you can do...

Whether you are already feeling anxious, fearful or depressed, an action plan is a great way to navigate the time ahead of us. But first... let's talk about YOU for a moment...

# *You control your thoughts.*

**THE FIRST THING IS TO RECOGNISE THAT MENTAL HEALTH MAY SUFFER SO PREVENT THAT WHERE POSSIBLE.**

A plan of ACTION is needed to combat fear and anxiety. And YOU can create that.



# ACTION PLAN

- **REDUCE SOCIAL MEDIA TIME**  
Avoid the scare mongering and **other peoples** fear and anxiety.
- **CREATE A DAILY ROUTINE**  
Food, sleep, self care, walk, create, meditate, exercise, communicate with others virtually.
- **WEEKLY WINS**  
Complete weekly challenges - what did you create this week? What did you do that you wouldn't normally do?
- **COMMUNITY OUTREACH**  
How can you be of bigger service? How can you support others? We are all in this together.

# Social media

A sea of scare mongering, and other people's fear and anxiety. NOT YOURS. LIMIT sessions where possible, perhaps to twice a day.

*What have you  
always wanted to  
do? Write a book?  
Paint more? Learn  
a new language?*

HOW WILL YOU FILL YOUR TIME DURING THIS  
PERIOD?





# *Cultivate wellbeing*

## EXPRESS GRATITUDE.

For the day ahead and all that you have around you in this moment.

## PRACTICE OPTIMISM.

Think of the ways that you can discover happiness in these anxious times.

## FIND YOUR PURPOSE.

What can you do to tap into your purpose now that you have time to do that?

## **MONEY WORRIES?**

CONTACT YOUR LANDLORD, MORTGAGE PROVIDER, AND BANK ETC TO ASK ABOUT FREEZING PAYMENTS.



## **PLAN + BUDGET**

Store some essentials incase you become ill yes but plan + budget for the long haul, write a list, know what you need and make healthy sensible choices.





# *And if you're anxious...*

## [LISTEN TO THIS AUDIO](#)

Christopher Paul Jones will help you  
Breakthrough your anxiety with this audio.

Hit the play button to play the audio.

[Or watch the video version here >](#)



# *Reach out to others*

**WHO CAN YOU HELP RIGHT NOW?**

Perhaps you can take shopping to the elderly, or video call your family and friends daily, How can you give to others? This is a great way to boost your happiness levels and reduce anxiety.





WATCH THIS VIDEO.

Just click the image to open  
the video

## *Need to talk?*

**I AM OFFERING ONLINE SESSIONS. BOOK YOUR COMPLIMENTARY CALL IF YOU NEED TO TALK TO ME.**

[CLICK HERE TO FIND OUT MORE. >>](#)

