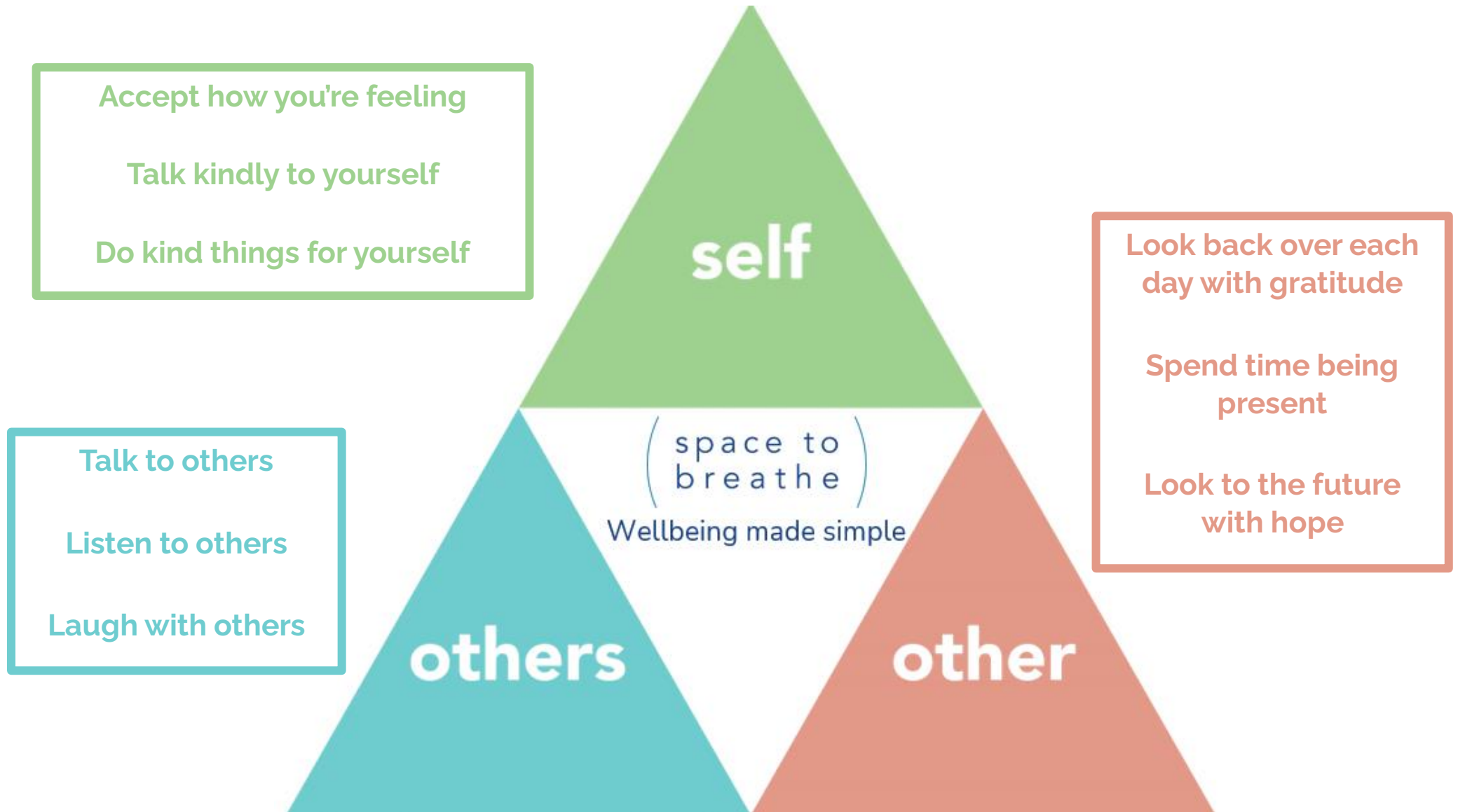


# Nine ways to stay well in uncertain times



self

**Accept how you're feeling**

Whatever you're feeling is ok.

Our brains often perceive uncertainty as a threat and our bodies and brains do all kinds of things to deal with that.

It's important to acknowledge both the comfortable and uncomfortable feelings, and giving them a name often helps us to begin to rationalise them.

**Talk kindly to yourself**

Make sure your self-talk is positive and affirming of how well you're doing. Talk to yourself like you'd talk to a good friend or loved one.

You're doing well.

You're going to be ok.

You can get through this.

**Do kind things for yourself**

"We often wait for kindness, but being kind to yourself can start now"

Charlie Mackesy

Take a bath, buy yourself a little treat, spend some time doing something you love, do something for your future self. You deserve it!

others

**Talk to others**

Talking about what we're thinking and how we're feeling helps to untangle things in our minds. If we can't connect in person with supportive people, a phone call is better than a text and a video call if better than a phone call. Reach out!

**Listen to others**

Be the person others know they can talk to about how they're feeling. Resist the urge to interrupt and give endless advice. Simply reflect back what you hear and validate it as being ok. You'll be amazed how powerful this is.

**Laugh with others**

Smiling and laughing release feel good chemicals into our bodies and brains. When we do it with others it creates important bonds. Do funny things, say funny things, watch funny things and share them.

other

**Look back over each day with gratitude**

Each day will have its gifts, and taking time to notice them will help us to receive them more fully.

Try and name three things each day to be grateful for. If you can write them down, as this makes them more real and makes you mind relive them more.

**Spend time being present**

Take a few moments each day to focus on your breathing and notice what's happening with each of your five senses in the moment. This positively stimulates your nervous system.

Smell, Taste, Touch/Feel, Look, Listen

If you can, do this out in nature.

**Look to the future with hope**

Better days are to come, and things will get better. Believing this, and investing in it will help us to keep going in the present.

Plan nice things to do, people and places to see, and whilst holding the plans lightly, know these things will be able to happen eventually.

Further  
Help &  
Support



**Immediate and urgent**

Samaritans 116 123 – call free 24/7

Shout 85258 – text free 24/7

CALM 0800 58 58 58 – call 5pm – midnight

Education Support 08000 562 561- call free 24/7

**Less urgent, but important**

GP

Friends & Family

Space to Breathe Wellbeing Check In:

<https://tinyurl.com/2pgg98es>

**Not urgent, but important**

You might want to seek counselling or coaching or find a therapeutic group. . If you're in Sheffield visit the online Mental Health Guide or visit Space to Breathe's website.

<https://www.sheffieldmentalhealth.co.uk>