

WELLBEING TIPS



COPING WITH LOCKDOWN

**“Life isn’t about waiting for the storm to pass,
it’s about learning to dance in the rain.”**

Vivian Greene, author

During this current situation, many people are focusing on looking forward to when the ‘storm’ is all over and finding ways to pass the time.

This might work for some people but an alternative way to view the current situation if that doesn’t work for you, might be to learn to embrace this temporary new way of life, aka ‘the rain’.

Some people are using it to appreciate things they’ve never really appreciated before such as their health, nature or how they can make the most of not having to spend time commuting into work.

Some are using it to slow down the pace of their life and practise Mindfulness.

Others are using it to explore new hobbies or learn new skills.

Try asking yourself what you want to have learned about yourself when this crisis is over?