

Mind your Mind: Nurturing Mental health during Lockdown

Why is minding our mental health more important than ever?

- We are in a constant state of prolonged stress, negativity which leads to a constant state of threat and mixed emotions. Our human bodies are not familiar with this state of threat and therefore, we need to mind our own mental health and practice various mindful techniques to alleviate this state of threat.
- Mental health is not a destination but a process and we need to work on it daily. It is not one dimensional but it is interconnected to all aspects of our lives.
- We need to make our mental health a daily priority, otherwise it will not happen.
- Since March 2020, we have faced many challenges such as exhaustion, tiredness, change, feeling of 'always being on', loss of support systems, dealing with uncertainty and an increase in the sense of responsibility.
- Positive Psychology is the science of wellbeing

How can we 'Mind our mind' daily?

- Focus on positive self talk- this becomes the sound track to our daily lives, so we need to be cognisant of what we say to ourselves and how we can alter our thoughts. EG: it is not stress that is harmful to us, but it is the belief that it is toxic and harmful which does damage.
- Befriend and recognise your emotions- naming your emotions will tame them
- Find your flow- find the things in your life that you enjoy doing, that you feel totally at ease, your mood is eased- then practice this for at least 10 mins each day.
- Notice and appreciate the good things in your life- thriving and resilient people have high levels of positive emotions daily which buffers them against the effects of negative emotions.
 - o Positivity ratio= 3:1 (on a normal day) however, in lockdown= 9:1; negative emotions impact us 9 times more than positive ones
 - o There are 10 positive emotions we need to experience everyday:
 - Interest
 - Love
 - Joy
 - Pride
 - Inspiration
 - Hope
 - Awe
 - Serenity
 - Amusement
 - o Need to notice these feelings and hold onto them for 20 seconds more- practicing gratitude daily, reflecting on your day and writing down 3 good things etc.
- Look for meaning in the mess
- Building Resilience- we need to empower ourselves to deal with our everyday challenges