

# Self-care tips for positive wellbeing during lockdown

Five areas to work on to promote a positive sense of wellbeing.

## STAY ACTIVE

This doesn't mean running 5k daily but a brisk walk outdoors in nature each day will bring a wealth of benefits.

You could try following some Yoga tutorials on YouTube, join a virtual exercise class or go for a jog if you feel able.



## CONNECTION

Face-to-face connection can be difficult during lockdown with all the restrictions that are in place.

Using technology to stay connected can really help. Arrange a regular catch up time with a friend or family member to video call.

Sometimes when we are struggling we can be hard on ourselves. We may think we should be able to manage this situation better.

Offering compassion to ourselves as we would a close friend is sometimes needed.

Be kind (this includes to yourself).



## BE PRESENT

Bringing your awareness to the present moment is an excellent way to boost positive wellbeing.

You can do this through:

- Mindful walking
- Body Scans
- Breath work
- Meditation



## GRATITUDE

Making a conscious effort to become more grateful can develop a more positive mindset.

Download a gratitude app or get yourself a gratitude journal and set a reminder on your phone to regularly write down what you are grateful for.

Even on the darkest of days there will be small glimmers of light - you need to search for them.

Being aware of your lifestyle, your habits and what you consume (including your digital consumption) may help you identify areas you would like to improve.

Take charge of these habits and reframe into something more positive that you will gain fulfilment from.

.....

Visit our website for more information about our counselling and therapeutic services

[www.coastalcounsellingwales.co.uk](http://www.coastalcounsellingwales.co.uk)  
@coastalcounsellingwales