

Coping with anxiety and self-isolation:

A short check-list of what to do (and perhaps what not to do) during the COVID-19 crisis.

1) Restrict how often you listen to the news.

Constant exposure will keep our anxiety responses firing up and flooding our bodies with adrenaline. This makes relaxing more difficult and places extra strain on the system. Limit checking-in to a maximum of three times a day. If something really does require your attention, you'll know soon enough.

2) Exercise.

There's no question that moving the body has enormous benefits both physically and mentally. Vigorous movement (to the point of sweating and raised heartbeat) will help to drain away the excess adrenaline in your body and release endorphins which are the body's natural "feel-good" chemicals. NOTE OF CAUTION: You must only exercise within the natural limits of your physical state and adhering strictly to previous medical advice where given.

3) Practising Mindfulness is excellent in some cases of anxiety – but not all...

Learn about how and when to practice mindfulness in a way that will benefit you. Mindfulness in itself is not a therapy or cure for anxiety and depression but can be an incredibly powerful method of developing emotional resilience and strengthening the "mind-muscle". Find out more here:

<https://hypnowellness.co.uk/therapies/mindfulness/>

4) ...and learning how to relax effectively can be really helpful too:

Use the Short Relaxation audio: https://hypnowellness.co.uk/wp-content/uploads/2016/05/Short_Relaxation_Audio.mp3

In conjunction with these instructions: <https://hypnowellness.co.uk/wp-content/uploads/2020/03/Keeping-Calm-in-the-Midst-of-Chaos-1.pdf>

5) Learn about anxiety from an authentic and reliable source:

In my practice, I give these handouts by Trevor Powell to my clients: <https://hypnowellness.co.uk/wp-content/uploads/2020/03/Honest-information-about-anxiety.pdf>

The information is clear, trustworthy and practical.

6) Try something new:

Did you ever fancy writing that play? Speaking French? Knitting? You'll find a list of a trillion things to do here: <https://hypnowellness.co.uk/wp-content/uploads/2020/03/Things-To-Do-During-Lockdown.-1.pdf>

7) It Will Pass...

This is an extraordinary time and testing to the extreme for us all. Trust that it will pass (as all things must do). Never hesitate to reach out for help if you're finding it very difficult. Help is closer than you think and you're welcome to contact me at any time.