


# HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

 @BELIEVEPHQ



**1** Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?



**2** Think back to past experiences where you have coped well with uncertainty and pick out what really helped you feel better back then



**3** Take each day one step at a time. Focus on the present moment. A routine can help give you some structure



**4** In times like this, increase your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax



**5** You're likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them



**6** Rumination is a common factor during times of uncertainty - If your mind starts to wander, use your senses to refocus on what you are doing in the present moment



**7** Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground

