

## TIPS FOR GETTING BY WHEN LIFE IS CHALLENGING

When life is uncertain and challenging, there are some things we can do that help. The choices we make are very important and what we focus on will affect the way we think and feel.

### TAKE A POSITIVE APPROACH

#### Be kind to yourself

- Be determined to look after yourself – believe in yourself and your ability to manage whatever comes.
- Look after your body - having a good diet helps the body and mind cope better – like putting good fuel in the tank when you want your car to perform well!
- Exercise really helps manage stress and anxiety as well as releasing the feel-good endorphins. Walk the dog even if you don't have a dog!
- Good sleep is crucial to keeping equilibrium and being able to think clearly. If you are having trouble sleeping, talk to your doctor or health professional.
- Watch your use of alcohol – it is actually a depressant and interrupts sleep patterns.
- Relax - make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.

#### Remember that you have got through lots of changes in your life and you can do it!

Inside each of us are skills, resources and strengths to draw on. Sometimes we need to be reminded of our strengths by those who know us – if we forget!

Remember that this time is a season in your life and one day you will be looking back on it as history – everything passes, so keep looking forward.

#### Accepting 'it is as it is'

Choose your battles – we tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle; like watching a cloud float by.

Some situations we just can't change. We can learn to surf the waves of thoughts and emotions rather than try to stop them. Allow those thoughts and sensations just to be – they will pass.

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### Connect with those around you

- Put positive people around you – being able to talk openly with family, friends, managers and team mates really helps
- Look out for each other; especially if you see someone struggling or distracted
- Feeling like I'm not alone helps get through

### Do things for others

Doing something for a workmate, friend or neighbour helps have an outward focus. Scientific studies show that helping others:

- Increases life satisfaction
- Provides a sense of meaning
- Increases feelings of competence
- Improves mood
- Decreases stress levels
- Have goals to look forward to

Feeling hopeful about the future is important for our wellbeing and happiness. Write out Plan A or B for the year. We all need goals to motivate us and these need to be challenging enough to inspire us, but that be achievable.

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