

# Feeling anxious about restrictions easing?

## Read these 10 top tips



**Look to the future.** With the sun shining and restrictions eased, try to look to the future with a positive mindset. If you have missed doing what you love, gradually take the time to get back into it.



**Remember the importance of socialising and catching up with family and friends,** whether that is over the phone or in-person. Think about the good times you shared and what it will be like to do it again.



**Get out at your own pace,** take your time in getting out and about. Do not let anybody rush you or force you to go at a pace you are not comfortable with.



**If you are still working from home,** create a schedule for your days and weeks; take regular breaks which can include going for walks, making lunch, and doing some exercise.



**Create a list of all the activities you want to do this summer** and all the people you want to see. Once you have created your list, put together a plan/schedule of when you will achieve it all by.



**Tell someone how you feel.** Find at least one close family member or friend who you can confide in. Getting it off your chest will make you feel much better about your situation. Remember a problem shared is a problem halved.



**Challenge negative thoughts.** If you are constantly having negative thoughts, which are leading to negative feelings, begin to challenge and counter them with positive thoughts. Try reading self-help books and affirming positive quotes and statements to boost your motivation.



**Get your information from credible sources.** With so many news and social media channels reporting various Covid-related updates, ensure you are consuming news from reliable and accurate sources; and managing your intake.



**Do not put things off.** Avoiding tasks that make you feel anxious can seem like the easiest option. But it is counterproductive. Try to take small steps to get things done and set measurable goals to track progress.



**Embrace the outdoors,** whether that is in your garden or local community. Getting fresh air helps to increase the flow of oxygen, and natural sun light boosts a chemical in your brain called serotonin; keeping you calm, positive and focused.