



# ACKNOWLEDGE ADJUSTMENTS

When we are facing a crisis, the first thing that gets negatively affected is our mental wellbeing. **This, ironically, is also the first thing that will help us endure and survive the same crisis.** SO WHAT WE NEED TO DO IS TAKE SOME TIME IN THE DAY TO CHECK IN WITH OURSELVES.

## HOW?

1. Make time in your schedule to sit on your own with a piece of paper and a pen. Establish this time into your daily routine.

2. Divide your page into quarters. In each quarter add these 4 titles.

(1) IM IN CONTROL OF:

(2) NEW / LEARNING EXPERIENCE:

(3) CONNECTING WITH:

(4) FEELING FEELINGS:

3. Now fill the blocks in. *Here is some extra guidance if you need.*

4. When you have finished have a look over it, take stock of everything going. Maybe you are doing better than you thought in managing in uncertainty. See what's working for you and do more of that. Mostly, be kind to yourself.

31<sup>ST</sup> MARCH 2020

### I'M IN CONTROL OF:

What do you have in your day that is part of your old routine and helps give you a sense of control? Possibly something you have always taken for granted but have become awakened to how important it is for you.

e.g. "Doing the dishes every morning settles my mind into routine."

### NEW/ LEARNING EXPERIENCE:

What's new in the day? Do you have extra time so have started a project? Maybe a different form of exercise or more playtime with children? It can be pleasant or unpleasant experience.

e.g. "I'm embracing my new hair style, just going to go with it as it wildly sprouts out my cap."

### CONNECTING WITH:

Physical distancing **does not mean social isolation.**

Now more than ever we must connect with people, catch up, share our experiences, pass on a great family recipe.

**Who have you or will you consciously connecting with today?**

### FEELING FEELINGS:

Yup, can't escape them, so we must acknowledge them. How are you feeling? Mentally, physically, emotionally, spiritually?

Can you feel beyond anxiety? Is there maybe some gratitude or a sense of calm somewhere in you? Maybe even relief that we are in lockdown?

**Feel your feelings & know it's okay to feel whatever you are feeling.**

Please share your quarters with us, it will help others see they are not alone.