



**Mental Health
Ireland**

MINDING OUR MENTAL HEALTH DURING A NEW “LOCKDOWN”

For many of us, this “lockdown” feels different. Our energy levels are lower than in March. We are adapting again. Taking time and being kind to ourselves will help us recharge.

Reflecting on the 4 As can help us to recharge

Right now, we might feel angry, confused, worried, insecure, unsafe. We might have racing thoughts, difficulty focussing, feel tired, drained, & weary. These are all natural responses to uncertain times. Awareness is taking time to tune in with kindness to our thoughts, feelings & actions. Pay attention to your breathing and how you feel in your mind & body.

AWARENESS

Acknowledging what comes up for us is an opportunity to express and validate how we feel and what we're thinking. We might talk to a friend, write it in a journal, paint, draw, dance, cry, have a nap, go with it, listen to others who are going through similar experiences on podcasts, radio, or through music. Give ourselves permission to say, 'Yes, this is hard'.

ACKNOWLEDGE

Acceptance is an opportunity to recognise what is within our control and what is outside of our control. We can then redirect our energy into what we can control. For example, we can choose to put our energy into nurturing ourselves and limiting our exposure to news and social media. This process involves patience, willingness, openness and time.

ACCEPTANCE

Action is about taking what we have learned and acting on it. This might look like reaching out to create a support bubble, asking for the help you need, setting boundaries for your life/work balance, going for a walk, adding healthy food options to your shopping list, or revisiting online social activities like quiz nights. There will be days where this looks like sitting on the couch. We can only walk the mile we're in. Do what works for you.

ACTION

