



CREATING STABILITY IN AN UNSTABLE TIME

FREE
WELLNESS
& SUPPORT
GUIDE



shine

RELATIONSHIPS AT WORK

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MAINTAIN DAILY ROUTINE

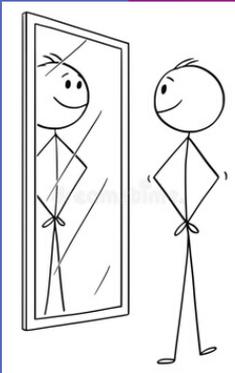
It is important to create & maintain a routine during the lock down. A routine has shown to create feelings of emotional safety and support.



TRY THE FOLLOWING:

- Fill a 2l water bottle each evening and make sure that the bottle is drained within the next 24 hours
- Have a fixed wake up, meals and bed time for during the week

PRACTICE SELF CARE



Practice basic self-care including healthy eating, restful sleep, lots of hydration, good hygiene and grooming. Self care habits improve self esteem.

TRY THE FOLLOWING:

- Approach your weekdays as any other working day (get dressed & aim to be presentable)
- Stick to normal eating habits (cheat meals should remain as incentives not the norm)

EXERCISE WHEN YOU CAN

Do what you can because exercise relieves stress, boosts mental energy, and enhances well-being through the release of endorphins.



TRY THE FOLLOWING:

- Take 30 minutes of the day to walk (outside if you can)
- YouTube has incredible home workouts for all shapes & sizes (try searching for one today)
- Create a "tick off program", which creates a mini achievement each day

FIND AN OUTLET



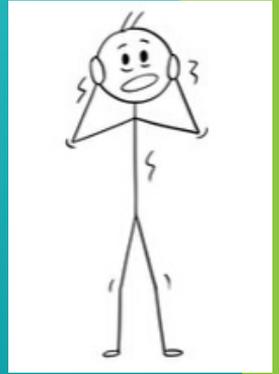
Having an outlet helps to create a sense of achievement, Work on the things you never had time for: fix a broken chair, mend ripped jeans, learn to play a guitar, read.

TRY THE FOLLOWING:

- Create a list that needs to be completed (be careful not to put unreachable deadlines – if it's missed it will cause the opposite effect)
- Ask a friend to join in the activity and check in on the progress

LIMIT INFORMATION INTAKE

Too much information can lead to experiencing financial stress, emotional anxiety and psychological strain. Therefore make sure to limit the information you go through daily.



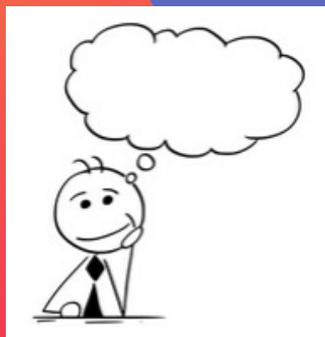
TRY THE FOLLOWING:

- Make sure you only read credible sources of news
- Limit social media to a specific amount of time each day
- Be aware of how you feel when you read the articles and how your body is reacting to it (are you feeling anxious?)

CREATE REFLECTION TIME

Taking time to think about
is helpful in creating a
better you and a better
life.

Self-reflection enhances
self-awareness, personal
integrity, alignment with
values and new ideas.



TRY THE FOLLOWING:

Take 10 minutes and look in the mirror, answer
the following:

- What are you most grateful for?
- What moment in your life do you cherish the most?
- What are your 5 biggest goals in life?

INVESTIGATE THE EMOTION



We often experience negative emotions, but don't know why. When you can understand your needs and investigate the root you can successfully overcome the emotion

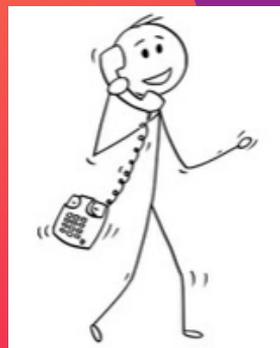
TRY THE FOLLOWING:

When you experience a strong emotion name it (e.g. Loneliness) and answer the following questions:

- Is this feeling true? (e.g. Am I truly alone in life?)
- What do I need to feel OK in this moment?
(e.g. call to a friend)
- What can I commit to doing now (e.g. make the call)

HAVE CHECK-INS

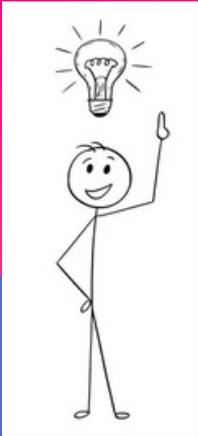
Physical distance can feel like emotional distance. However we can still connect. While online contact can't really replace the human touch, it is still a reminder you are not alone.



TRY THE FOLLOWING:

- Share a weekly update with a person from your inner circle (it can be anything).
- Set up a fixed time with a friend/family member to create accountability so that you don't cancel.

FIND THE SILVER LINING



Focusing on the positive helps you to remain optimistic and view your situation from a constructive perspective. While the difficulties in the world can make it difficult, there are things you can do to look for the silver lining .

TRY THE FOLLOWING:

Take 10 minutes and look in the mirror, answer the following:

- What are you most proud of?
- What are you most grateful for?
- What can you look forward to?

REACH OUT FOR SUPPORT

**FREE BUSINESS
SUPPORT SESSIONS**

with Jenny or Cilette



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www.shine.global

EMOTIONAL SUPPORT

SA Depression
Anxiety Group
(SADAG):

0800 21 22 23 /
0800 70 80 90

SADAG Counselor
SMS 31393

Lifeline South Africa:
0861 322 322



Content compiled by Francois Lombard.