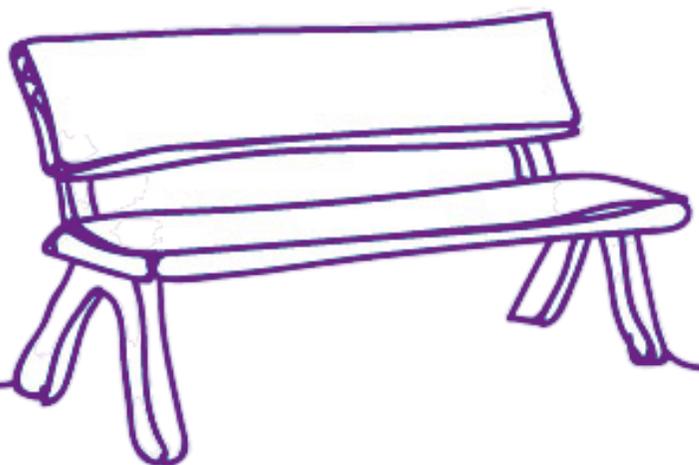


# Life after Lockdown Toolkit

As lockdown eases, we may be faced with a sensory overload that could make us feel overwhelmed.

This guide can help you cope with the readjustment, using bitesize goals and techniques to help you manage your anxiety and wellbeing.



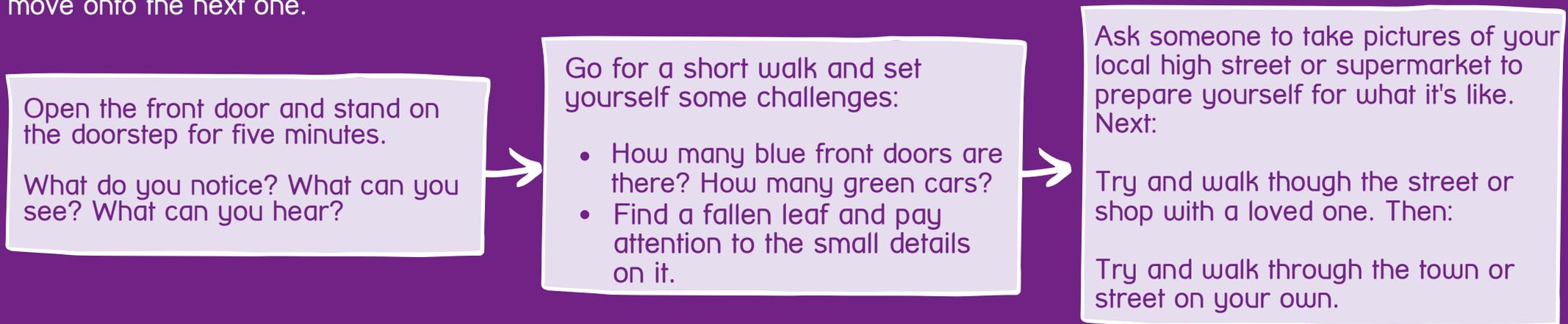
## Solent

...this short guide will give you tips to manage anxiety about the easing of lockdown...

# Setting Goals

Getting back into old routines will take time, so it's important not to put pressure on yourself to do it all at once.

Gradually exposing yourself to a situation that worries you can allow you to control your fear at each step. Here's some examples that could increase your confidence outdoors, bit by bit. You may wish to repeat a step until you feel ready to move onto the next one.



Keeping track of activities that you find difficult can help you review the progress you've made and recognise triggers. Copy the chart below into a notebook and fill it in with your own activities.

Activity	Thoughts before activity	Anxiety before activity	What did I notice?	Thoughts after the activity	Anxiety after activity
Picking up my prescription	Worried that people will not social distance or will stare at my mask	6/10	The markers on the floor of the pharmacy helped me feel calmer	Walking past strangers on the pavement was hard	4/10

# Coping with Anxiety

Traffic, busy places and being around strangers again may feel overwhelming.

Learning a few of these quick exercises can give you the confidence to cope with feelings of anxiety.

## 54321 Game



Name five things you can see.

Name four things you can hear.

Name 3 things you can feel or touch.

Name two things you can smell, followed by one long deep breath.

## Deep Breathing



Take a breath in for four seconds.

Hold a breath for a count of four seconds.

Slowly breathe out of your mouth (with pursed lips) for eight seconds.

Repeat four times.

## Muscle Relaxation



Sit in a chair. Scrunch your face up, then relax it.

Tense up your arms in front of you, then relax them.

Tense up your shoulders and chest, then relax them.

Tense your legs out in front of you, then relax. Take one deep breath.

## Panic Attack



Focus on your breathing and take long, deep breaths from your belly button.

Stamp your feet to bring your attention from your mind into your body.

Use your senses: stroke something soft or smell perfume or minty gum.

Find somewhere quiet and safe to recover and have something to eat and drink.

# Finding Support

If you would like support with anxiety, feel low or overwhelmed, take a look at these options:

## Wellbeing Centres

Our centres offer free 1:1 emotional help, supportive groups and useful workshops. All locations are currently running a telephone and online service.

### Winchester

019 5285 9012  
Winchesterwellbeing@solentmind.org.uk

### Eastleigh

023 8061 1458  
Eastleighwellbeing@solentmind.org.uk

### Fareham & Gosport

013 2928 1445  
adminfg@solentmind.org.uk

### New Forest

023 8084 1341  
nfwreferrals@solentmind.org.uk

### PositiveMinds (Portsmouth)

023 9282 4795  
PSRwellbeingcentre@solentmind.org.uk

## Talking Therapies

These services offer therapies for stress and common mental health problems. Services are currently offered over the phone, web chat or through online groups.

### italk (Hampshire)

[www.italk.org.uk](http://www.italk.org.uk)  
023 8038 3920  
info@italk.org.uk

### Steps 2 Wellbeing (Southampton)

[www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)  
0800 612 7000  
dhc.sstw@nhs.net

### Talking Change (Portsmouth)

[www.talkingchange.nhs.uk](http://www.talkingchange.nhs.uk)  
030 0123 3934  
snhs.talkingchangesolent@nhs.net

## Solent Mind Coronavirus Wellbeing Helpline

Advice, support and signposting for anyone feeling low, anxious or distressed in Hampshire and the Isle of Wight.

# 023 8017 9049

Monday - Friday, 10am - 4pm, or leave a message for a call back. Further information at [www.solentmind.org.uk/coronavirushelpline](http://www.solentmind.org.uk/coronavirushelpline).

