

Life after Lockdown Toolkit

As lockdown eases after so long, it can feel a bit scary and 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.



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

Pace Yourself

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.

Open the front door and stand on the doorstep for five minutes.

What do you notice? What can you see? What can you hear?

Go for a short walk and set yourself some challenges:

- How many blue front doors are there? How many green cars?
- Find a fallen leaf and pay attention to the small details on it.

Ask someone to take pictures of your local high street or supermarket to prepare yourself for what it's like. Next:

Try and walk through the street or shop with a loved one. Then:

Try and walk through the town or street on your own.

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

One Day at a Time

The uncertainty around the pandemic and regulation changes can feel a bit overwhelming.

Try not to think too far ahead and focus on what you can do today.

What makes you happy at the moment?

What thing can you do today that you have been missing?

Mindfulness exercises are good for keeping you in the moment.
When you feel overwhelmed or uncertain, try this simple technique.

54321 Game



Name five
things you can
see.

Name four
things you
can hear.

Name three
things
you can feel
or touch.

Name two
things you can
smell

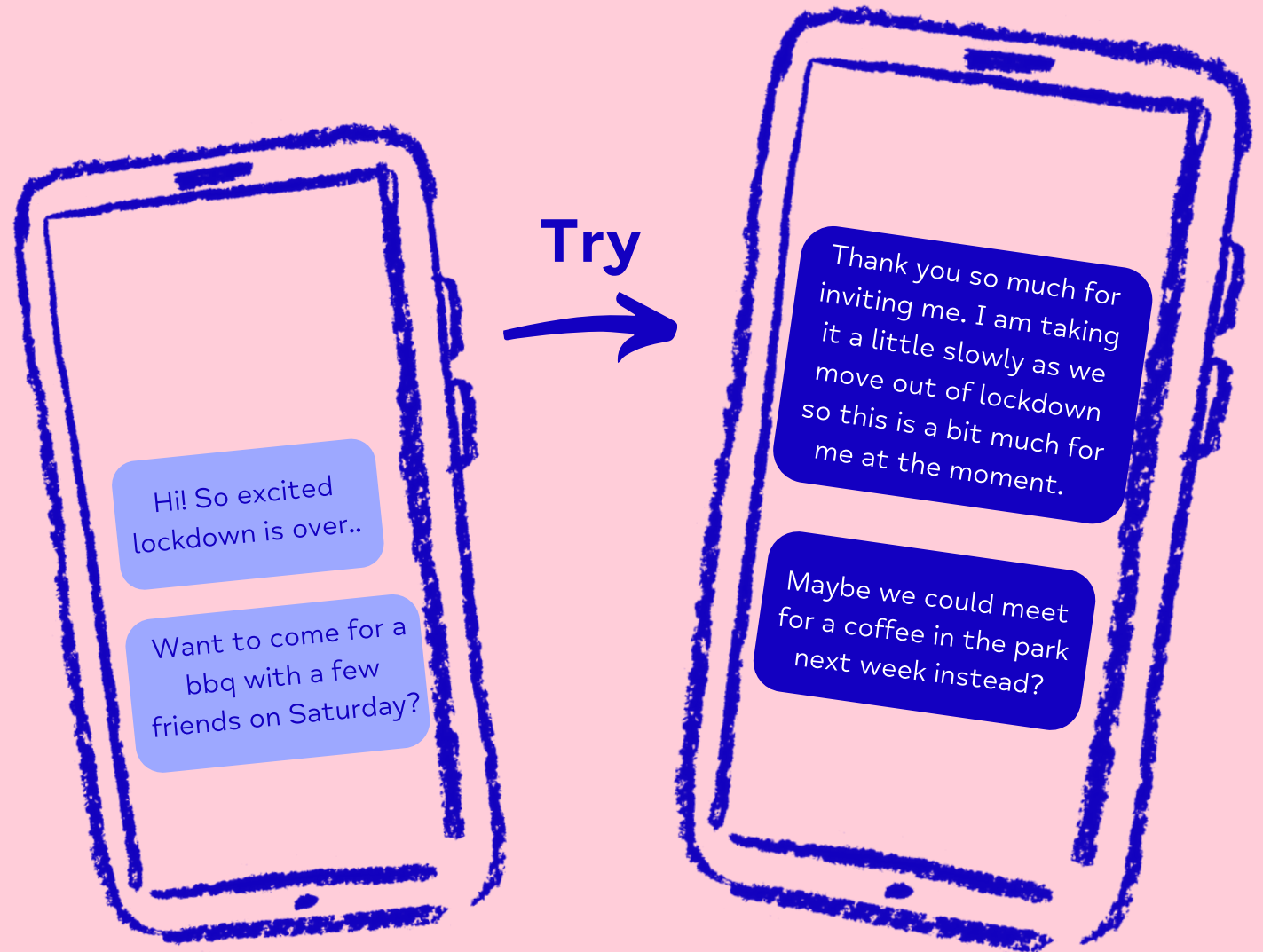
Name one
thing you can
taste.

Talk to People you Trust

Be honest with family and friends about how you are feeling, and reach out to them for support if you need it. Remember, lots of people are feeling a bit anxious about coming out of lockdown, you are not alone.

If you're invited to something you don't feel comfortable with yet, don't feel you have to force yourself to go.

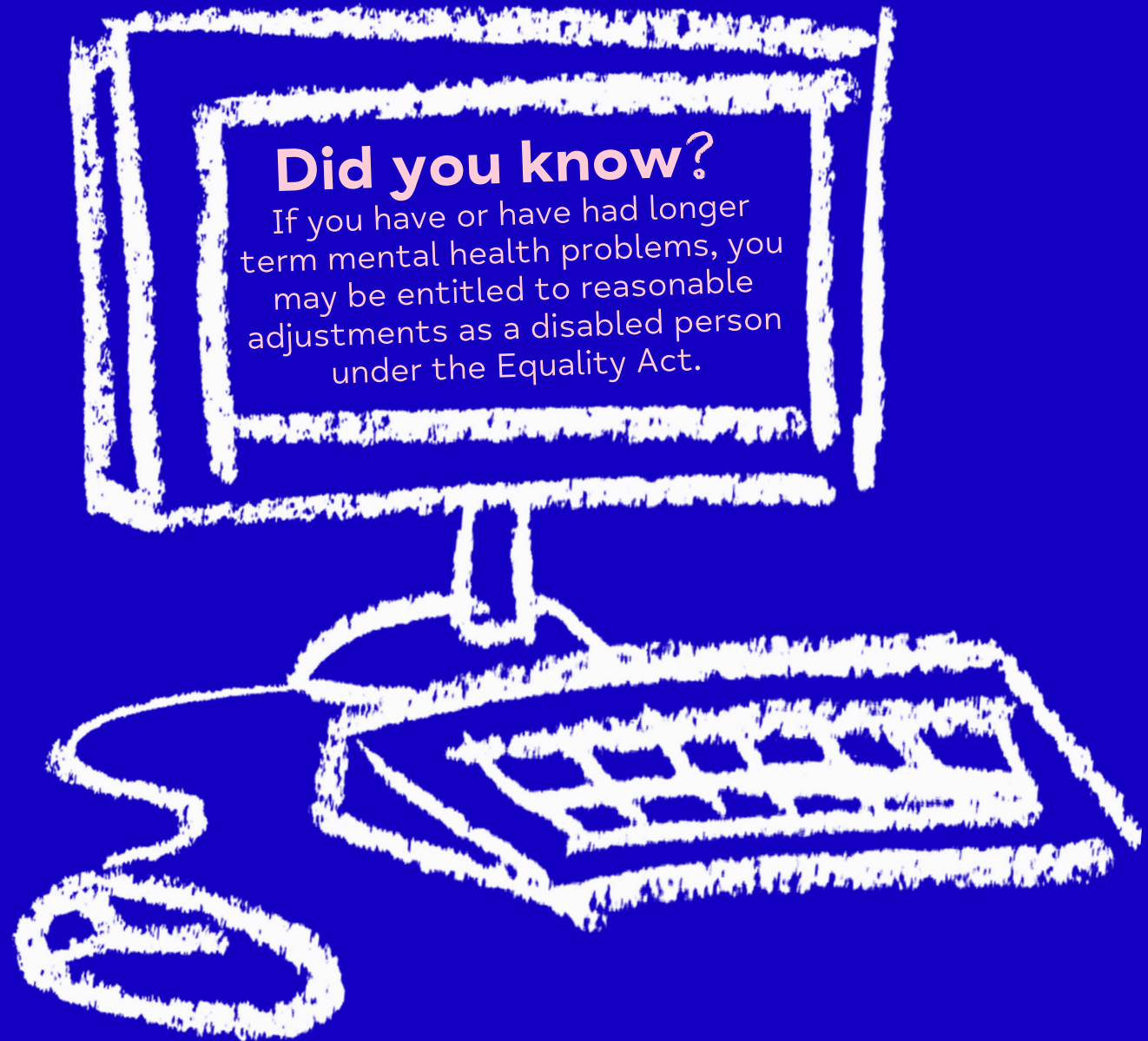
Take things at your own speed.



Talk to Your Workplace

If you are not comfortable about going straight back into your workplace, speak to your manager or HR team.

They should be able to help you create a plan to slowly ease back into your workplace.



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.

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.

Winchester

019 6285 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.

italk (Hampshire)

www.italk.org.uk
023 8038 3920
info@italk.org.uk

Steps 2 Wellbeing (Southampton)

www.steps2wellbeing.co.uk
0800 612 7000
dhc.sstw@nhs.net

Talking Change (Portsmouth)

www.talkingchange.nhs.uk
030 0123 3934
snhs.talkingchangesolent@nhs.net

Solent Mind Support Line

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

023 8017 9049

Monday - Friday: 8am - 8pm
Saturday - Sunday: 9am - 5pm
Leave a message for a call back.
Further information at www.solentmind.org.uk

