

@thepsychologymum

# Guide to...



## Looking after your mental health in a Winter Lockdown

don't suppress + do  
validate your emotions

maintain social  
connections in  
ways that feel  
manageable

If possible,  
speak about  
how you feel

plan daily  
small  
pockets  
of joy +  
relaxation

create  
soothing  
rituals

plan things  
to look  
forward to

do things  
which give  
you purpose  
+ meaning

Watch out for  
your inner  
critic - step back  
and respond  
with compassion

create  
soothing  
spaces

Counteract  
brain biases by  
noticing the positive  
+ being aware of  
the present

Allow  
yourself  
to  
rest

Asking for  
help is a form  
of active coping -  
know what help  
is available  
proactively

prioritise  
sleep

get outside  
+ get natural  
light every day

move  
your body  
regularly

shift focus  
to what you  
can control  
+ your  
achievements

reset your  
expectations to  
where you are  
now, not your  
normal level

make decisions  
about what you  
do based on how  
you normally feel  
about these things,  
rather than your  
current mood

make active  
decisions about  
what info you  
let into your  
limited brain space

don't  
forget  
the basics -  
hydrate,  
eat regularly,  
take breaks  
+ rest.

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