



THE STRESSED MOTHER'S GUIDE TO WELL-BEING

Positive psychology-inspired tips for life in lockdown

FEELING: ANXIOUS, WORRIED OR OVERWHELMED



Try: Classify, Re-frame & Pause

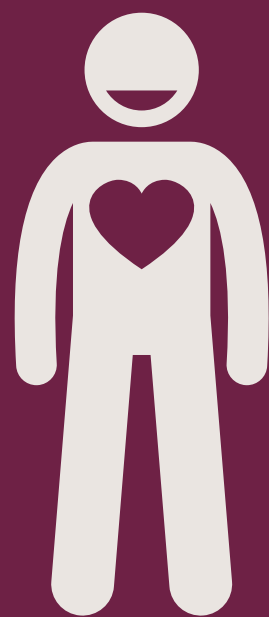
1. Keep a Worry Diary - record your worries & note if they are practical (things you can change) or hypothetical (things you can't change).
2. At an allotted time each day consider the worries: how can you address the practical ones & re-frame the hypothetical ones in a more positive way?
3. Practice Mindfulness- pick one thing e.g. a flower or a tree, and spend a few moments developing a deep sense of curiosity about it until your anxiety subsides.



FEELING: GUILTY, RESENTFUL OR FRUSTRATED

Try: Focus on the Good

1. Keep a Gratitude Diary* - At the end of each day write down three things you are grateful for.
2. Practice a Random Act of Kindness* - Think of something you can do to brighten another person's day and do it!



*Research studies have found that both of these activities can improve well-being.

FEELING: VULNERABLE, FRAGILE OR DEFEATED



Try: Build Your Resilience

1. Cultivate optimism by accepting the negative emotions AND hoping for a brighter future.
2. Identify your strengths (take the test at <https://www.viacharacter.org/>) and how you can apply them in your daily life.
3. Show yourself some compassion (visit <https://self-compassion.org/> for free, guided self-compassion meditations).

FEELING: BORED OR DIRECTIONLESS

Try: Goal Setting & Structure

1. Set goals each week - make sure they are SMART (Specific/Measurable/Attainable/Realistic/Time-bound)
2. Plan blocks of time - however small - when you can work towards your goals.

