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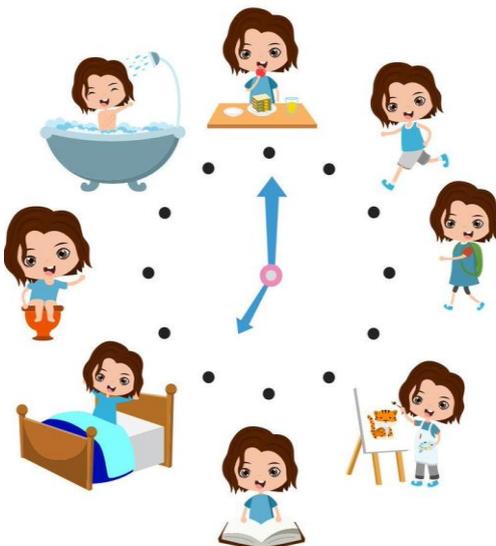
## Lockdown Resilience Keys:

*As the days merge into each other and we cannot remember what day it is never mind what month, it is all too easy to start feeling that the lockdown will never end and as result start feeling low.*

*It is also causing havoc with our day to day lives and having a huge impact on both our mental and physical wellbeing.*

*Here are some keys to help you stay resilient and help lock out low feelings.*

**Routine is key: Keep to a routine.**



- **Plan your day.** Plan what you are going to do the next day the night before. If you can plan further ahead for example a few days to a week even better. Write out a to do list. Tackle those little jobs you have been putting off and never seem to have time to do. Learn something new. Watch something new.
- **Go to sleep and get up at the same time.** Messing around with our body clocks will give our bodies additional stress and stress is known to reduce our immune systems.
- **Eat well. Plan your meals in advance** if possible and try to eat 3 meals a day. Planning meals properly and checking what is already in stock in the



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- kitchen will help plan your food shopping list. And sticking to the list will help you to see the money saving benefits from doing this.
- **Build in Exercise into your day.** There are a lot of free exercise sessions available on line, on Google, You Tube for example. This could be something as simple as running up and downstairs several times or doing simple stretches and doing a brief walk outside for up to an hour (whilst it is permissible), remember to keep the 2-meter distance from others. Try new exercises such as Yoga, Pilates and Zumba.



### Contact is Key: Reach out.

- **Keep in contact** with friends and family. Pledge to call, text, WhatsApp or message someone once a day just to say hello.
- **Challenge others** and come up with fun things to do such as create a story or poem, each taking a turn to read out your creation, or read out your favourite poems.
- **Play fun games.** For example: take a picture of your surroundings and send to someone: I spy something starting with .....Send a funny picture to each other and come up with an interesting and funny caption to go with the picture. Or start a story by sending a partial sentence to someone: Johnny woke up that morning and... the other person then completes the sentence and adds another partial sentence to you so that the story starts to develop.



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## Time out is Key: Look after self.



- **Make sure you do not neglect your personal hygiene:** brush your teeth, wash your face and shower or bath daily.
- **Indulge yourself** and have that hot bubble bath. Paint your nails. Wear your fanciest going out clothes indoors. Wear that perfume or aftershave you have been saving for special occasions. Put your glam face on and wear your make up if that makes you feel great.
- **Time to meditate:** Take time out for yourself to be somewhere quiet to drink in your surroundings and the present. Use all your senses to notice sights, sounds and smells and feelings and thoughts and notice these, do not judge them. Try out mindfulness breathing exercises: there is a lot online, do some research and find methods that you feel comfortable with.
- **Time for Gratitude:** Notice and write down the things and people you are grateful for. These could be the most simplistic things in life. The morning air, the calls from family, the aah feel when you first get into bed. Most of all appreciate yourself and your life.
- **Be mindful:** Notice thought patterns and consider what you can control. Anything you cannot control just let it go. Control how much news and social media news you read. Restrict this to once a day to keep up to date.

***Live well and stay well!***