

# BETTER-MIND THERAPY

## **Tips to reduce excessive stress during social distancing.**

Too much stress is not good for your immune system, mind or body generally.

### **Laughing and humour**

switches off the stress response and improves mood and helps you see things differently. Get some good comedy movies or stand-up and see the funny side of things when possible.

### **Accept the situation.**

You can't change it. Just do what you can to improve it and let go of what you cannot.

### **Reduce information overload.**

Excessive multitasking and information tracking triggers a part of the brain to produce a stress response. Monitor your body and emotions when using social media, internet browsing, texting, emailing etc and reduce if required.

### **News can be addictive.**

Schedule specific times and sources to update your information. You are then in control and not at the mercy of social or news media. Feeling in control reduces stress.

### **Keep Calm - Social distance Fear**

When talking to others, be aware how what we say may affect others. Overly fearful language may induce fear in others. Instead, try to be logical about points. Deal with your own anxieties by finding the right person or organisation to talk to.

### **Be self compassionate.**

Take time out for yourself and find ways to self soothe. Use compassionate imagery or self talk. Find a therapist or some internet resources for this. Self-compassion reduces stress.

### **Reframe your situation.**

For example. Instead of "Oh my God this is terrible" you could reframe this as "Amazing I get a chance to personally survive this and help others to". You can be creative. You could use this time to learn a language, connect with others or download a free flight simulator and learn to fly. Many possibilities.

### **Nature**

Enjoy being alive and have a walk in nature. Nature soothes us.

### **Music**

Singing or listening to certain kinds of music may reduce stress. Find out which kind works best for you.

### **Exercise**     *"Mens sana in corpore sano"*

Regular exercise helps keep us mentally and physically healthy. Don't overdo it as this can reduce immune functioning. 90 mins of intense exercise may do this.