

**POST-LOCKDOWN**

*Glow Up*

*Wellness  
@work*

BLYTHE VALLEY PARK



54321

## MINDFULNESS TECHNIQUE

When “normality” resumes, it may be easy to become overwhelmed.

One way to tackle this anxiety is to use the 54321 Mindfulness technique which relies on the individual observing what is going on around them in the present moment.

The first step of this technique is for you to look around at your surroundings and identify five things you can see; next, identify four things you can hear; three things you can feel; two things you can smell; and finally, one thing you can taste. This technique shifts your focus from the source of anxiety, to your surroundings in the present moment.

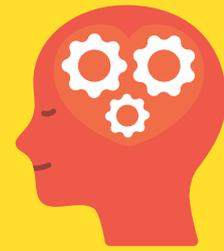
Head [here](#) to find out more.



## KINDNESS

On #WorldKindnessDay2020, we wrote about the benefits that kindness can have on our own and others' mental health. As we have all experienced something unprecedented, the aftermath is something none of us have dealt with either, therefore practicing kindness is crucial.

Head [here](#) to read more from our #WellnessatWork blog piece on kindness, to find out more.



## GRATITUDE

Research has shown that gratitude can have a variety of benefits for our mental health and wellbeing. Practising gratitude isn't just the act of being outwardly positive, it's a way of putting life into perspective; by thinking about what we are grateful for can help shift our perspective from negative to positive.

A Psychology Today article advises that there are 7 scientifically proven benefits to gratitude:

- Gratitude opens the door to more relationships.
- Gratitude improves physical health.
- Gratitude improves psychological health.
- Gratitude enhances empathy and reduces aggression.
- Grateful people sleep better.
- Gratitude improves self-esteem.
- Gratitude increases mental strength.

Head [here](#) to read more about the research behind these benefits.

Practicing gratitude is something people are likely to have done throughout the past year to tackle the mental pressures of lockdown, and it is something that we should make an effort to utilise going forward.

If you've not actively practiced gratitude and would like to start, one way to incorporate gratitude into your daily routine is to start a gratitude diary in which you write down everything you're grateful for, every evening, to end your day on a positive note. This is also something you can refer back to on days that are harder for you, and when you feel more anxious.

## POST LOCKDOWN BUCKET LIST

Rather than be sad about what we haven't been able to do during the COVID-19 pandemic, why not compile a list of all the things we'd like to do once lockdown measures ease?!



Keeping a bucket list helps us remember what is truly important regarding our self-fulfilment. Although a post-pandemic bucket list may look slightly different, as some of the simplest of life's pleasures have been taken away from us during this time, sitting down with a journal and writing down all the things we can't wait to do may help ease anxiety by turning worry into excitement.

From hugging your relative, having a drink in a pub garden with a group of friends, going to a crowded music festival, or simply just looking forward to going on a trip to IKEA or Primark! There is so much to look forward to, and as we complete these activities, it may help us practice gratitude as we navigate a post-lockdown life.

## SLEEP

A good night's sleep is essential to our health and well-being, and ironically, symptoms of depression and anxiety can make it even harder for us to sleep. This can then turn into a vicious cycle, as the less sleep we have, the worse our symptoms can become.



In November 2020, we wrote a #wellnessatwork piece about the importance of sleep - head [here](#) to find out more about how you can start sleeping more soundly.

## STAYING ACTIVE

Throughout the past year, the only real freedom we had (if we weren't isolating or shielding) was that we were able to leave the house to exercise outdoors at least once a day, dependent on coronavirus restrictions at the time. At the beginning of lockdown in April 2020, we wrote about the wealth of benefits that staying active and the outdoors can have on our mental health.



Dr Georgina Stebbings, Senior Lecturer in Sport & Exercise Physiology from the Manchester Metropolitan University advises [here](#) that a 2016 Health Survey for England estimated that less than 35% of adults manage to complete the recommended 150 minutes of moderate intensity exercise a week. She recommends that in order to walk your way to that target, you could simply go for a 10-minute power walk three times a day.

As we return to a "new normal", whether that be working from home or returning to work from an office, this could be easily achievable and the multitude of benefits of exercise and being outdoors should encourage us to continue to take quick breaks from our desks.

The BVP country park is perfect for getting those steps in, as a visitor, or on your lunch break if you work on site! If you want to download any walking routes, you can download 30 minute or 1-hour routes in the download section of this April 2020 #WellnessatWork piece [here](#).

