

Here at the Recovery College we were thinking about some of the changes that Covid-19 has brought about and the period of it has reflection provided us with, which can have both negative and positive effects. If you find you are focusing more on the negatives than the positives, you can explore how change this.



Begin by noting down what types of negative changes have happened since the beginning of the pandemic. Then note what you would like to achieve (something that is within your control), then what you need to do to achieve this. For example:

Negative changes	What I would like to achieve	Steps I need to take	Steps I need to take	Steps I need to take
Everything is out of routine. I feel tired all the time and do not feel like I have a focus.	To feel a sense of achievement and enjoyment from each day.	Start a daily schedule by splitting it up into 3 sections: morning, afternoon and evening	Identify sleep times and meal times in the schedule	Identify at least 2 tasks each day i.e 15 minutes of mindfulness and cleaning out a cupboard.



Keep learning by growing your own plants. Planting seeds and spending time watching them and watering them is a very peaceful exercise. It can be compared to practicing mindfulness - when you are growing your seeds and caring for them, this allows you to be in the moment and connected to what you're doing, as well as to your garden and nature as a whole.

Be active by doing yoga at home. A number of studies suggest yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance. There's some evidence to support regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains including lower back pain, depression and stress. If you have never done any yoga before, make sure you start at beginner's level.

Give a motivational quote to someone. Everyone, at some point in life needs some kind of inspiration if we are to keep on moving forward. Motivational quotes provide us with a quick and timely burst of wisdom to get our focus back, offering the inspiration needed for the day or occasion. Often a quote can offer inspiration for the week, and inspire us when our normal motivation has lapsed.

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate, only love can do that.” *Martin Luther King Jnr.*

Connect with others through quizzes. You could set up a weekly quiz with your friends or family over Zoom, taking it in turns to be the quiz master. This level of connection can help boost your mood, give you a sense of achievement and help you stay connected in a fun way.

Take notice of how you cope with situations. Coping skills increase resilience because they help us learn how to deal with negative emotions, panic attacks, and other difficult situations. When you effectively deal with a negative emotion situation, you can also move on and let go of the negative feelings that are associated with that experience.