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THE FIT FACTOR

LIFESTYLE CHANGE

We are constantly changing our lifestyles to suit new situations and, once again, having to adjust to this second partial lockdown in the North East is tough. Try to focus on the positive things that helped you cope last time and re-introduce them.

FITNESS TIP

Taking time out to go outside is a massive contributing factor to managing your feelings. Studies prove nature helps calm feelings of stress and anxiety, therefore it's important you make time to do this through a walk, run, cycle or exercise class.

Don't miss David's tips every Saturday in your Journal

ALL hope that Covid would subside after the first lockdown and be gone by Christmas have been dashed. The new lockdown restrictions are a real blow to the UK, especially the North East.

Each stage of the pandemic is new, and the uncertainty of it all is scary and for some overwhelming. Here are a few tips on how to cope if Covid gets too much...

Control what you can

Be responsible for the things that are within your control, focus on these rather than the bigger things that are beyond your grasp.

Focus

Do things that will keep you focused and positive such as keeping in contact with friends, exercise where you can and set a few goals that you can look forward to, giving you that extra focus.

Asserting control and structure

Asserting control over your life by establishing a healthy, positive, and constructive routine will give

you structure, which we all need. Take pleasure in the simpler things, like daily walks, food and basic socialising. Try to focus on and be appreciative of the simple things in life that you may have taken for granted previously.

Work routines

Working routines in particular are subject to massive upheaval at the moment. If you are working from home try to hold your purpose and motivation, set yourself specific, measurable but achievable goals and build your work into your day. Make sure you schedule some down time and exercise within that schedule.

A Journal

Sometimes rationalising your worries through a journal allows

*If you fell down
yesterday stand
up today*

**Motivational quote
of the day**

you to untangle the negative thoughts in your head and turn them into positive action.

Live well

Looking after your body as well as you can is a huge part of mental wellbeing. Eating clean through fresh natural foods gives you the correct vitamins and minerals to boost your whole body giving you more bounce and energy, boosting your mood.

Go outside

Taking time out and going outside is a massive contributing factor to managing your feelings. Studies prove nature helps calm feelings of stress and anxiety, therefore it's hugely important you make time to do this.

We have done this before

One unique aspect of the new restrictions is the sense of you have been there before. Therefore it's important to look at the positive things that worked for you last time!

You have done it before, therefore you can do it again.



➤ Getting outside can help boost wellbeing while reducing stress and anxiety