

How is your emotional fitness?

by Susan Gianevsky



We thought 2020 was the worst year we had experienced however, 2021 seems to be even worse with more lockdowns, loss of jobs and little to look forward to. This does take its toll and even the strongest of us need some reprieve...

I have always believed sharing your day with someone can make you feel better. It doesn't cost anything to make an effort and say hello, so for this **RUOKDay**, greet someone and ask them how they are.

More than ever before I believe we need to become more mindful of our neighbours, people walking past us in our neighbourhoods, at the stores we visit as we are all feeling uncertainty during this time.

I recommend spending a few moments checking in with people around us is a great way to let them know you can see them, hear them and care for them may in turn offer some of the support they may need.

Key signs of emotional stress include: issues with sleeping or oversleeping, racing thoughts and constant worry, anger, irritability, restlessness, feeling overwhelmed, unmotivated, mood changes, low energy and lack of motivation.

Although information on the importance of mental and emotional wellbeing is improving, people may still feel a stigma and choose to not address their emotional wellbeing needs openly. If you are feeling this way, talk to your health professional or someone you trust about receiving help.

Our emotional and mental health is always very important but even more so at this time when our daily routine has changed greatly. There are inconsistencies in our lives and we crave normality. This all plays havoc with our emotional balance.

Our emotions are the way we handle our life and if you have been feeling frustrated, confused and even angry just know you are not alone.

My top tips for staying OK:

- ✓ Cut back on social media
- ✓ When reading articles, ensure the information is from a credible source
- ✓ Have a hand sanitizer in a few spots in your home or bag
- ✓ Create a routine for yourself that keeps you busy
- ✓ Stay connected with your family & friends
- ✓ Understand the benefits of mindfulness - download meditation apps or join a group online
- ✓ Breathe, breathe, breathe – deep breathing is a great and easy way to improve stress and mild anxiety
- ✓ Eat wholesome, nutritious foods
- ✓ Minimise caffeine
- ✓ Include the Martin & Pleasance **Rest&Quiet** formulas as part of your daily routine. With formulas for **Calm, Sleep and Focus**, they remedies are traditionally used in Bach Flower Remedies to calm the mind, and reduce stress and mild anxiety.

For more information visit:
www.restandquiet.com

Rest&Quiet

CALM

SLEEP

FOCUS



Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

If you or someone you know needs help, talk to your health professional. For more information on R U OK Day visit www.ruok.org.au

Contact Lifeline on 13 11 14 for crisis support. If a life is in danger, call 000.

RUOK?TM