

# Isle Listen

Maintaining eustress in  
challenging times

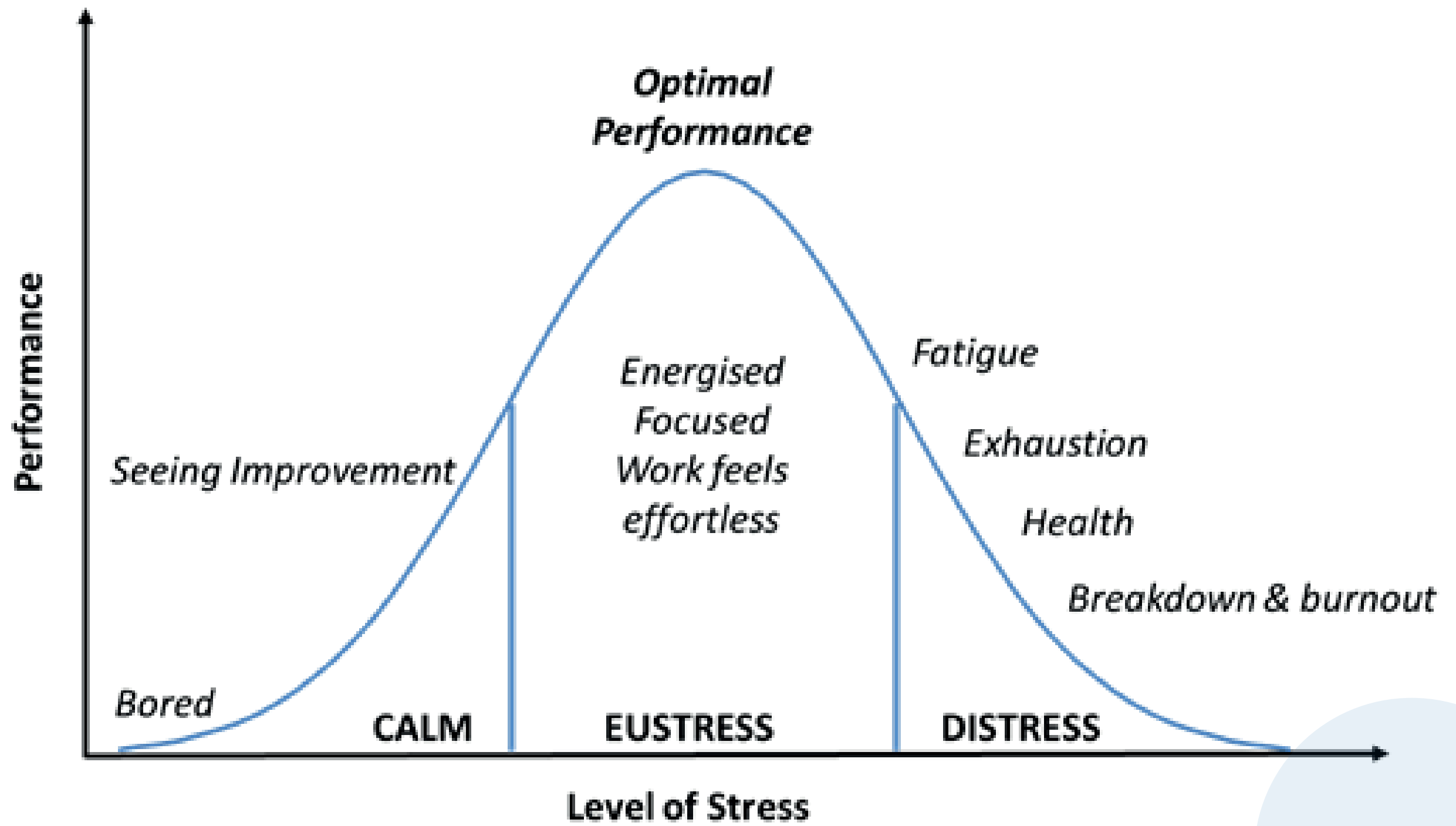


Lots of us will have variations in our levels of stress through the next few weeks. Some feeling underwhelmed and unstimulated at times with a lack of work but often fluctuating to a feeling of distress and exhaustion from the constant news and updates from the media.

We have a few tips to help you manage yourself as best as possible for what could be a long period of unprecedented change for us all:



**Isle Listen**





## Make a plan

In a similar way to goal setting, creating a plan for the day makes it purposeful and gives you a structure. You will only appreciate the time on the sofa if you feel like you've accomplished something that day, and having some time set aside for tasks will help prevent an overconsumption of media discussing COVID-19.



## Do something satisfying

If you know what makes you feel good, then take the time to factor this in to your day!

It could be taking the time to make a nice breakfast, organising something like a bookshelf or shifting around furniture, or building something...rediscover your love for lego or a learn to complete a Rubix Cube!

The important bit here is to have a finished product, to give you a sense of completion. This is a great thing to share with others and show them what you've been up to!



## Get cleansed - literally and figuratively!

There are endless angles you can take on this...

It could be a clear out of your social media, ensuring the content you expose yourself to makes you feel good.

It could be a clear out of your wardrobe, finding clothes to give to charity shops or recycle.

It could be thinking about your diet and cutting out some of the less nutritious foods you eat, while we're all a bit limited in what we can do exercise wise!



## Avoid high tension situations

Suddenly, EVERY DAY IS CHRISTMAS DAY. Houses can become busy, with little personal space and the majority of us trying to adapt to changes in working routines.

Do your best to set boundaries, and respect that everyone is in this situation together. Be mindful that emotions will be running high, making conflict all the more likely. Acknowledging the emotions we're feeling and staying present is a great way to avoid taking this out on other people.

Do your best to communicate this with others in a clear and composed way, and don't let the restrictions cause unnecessary tension and conflict at home.



*'Challenges are what makes life interesting. Overcoming them is what makes them meaningful.'*

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