

# THRIVING DURING SUDDEN CHANGE



Selected evidence-based advice from the field of Positive Psychology

by Kate Brassington

## 1 MAKE A PLAN. SET A ROUTINE

Reduce your mental burden. A plan, even one you tweak every day, buys you headspace while you adjust. Routine is powerfully soothing, for kids and adults alike. Save the onesie for the weekend!



## 2 STAY CONNECTED

Phone calls to friends and colleagues during work hours might feel strange, but it is vital to stay connected particularly if you are alone. Regular video calls are great.



## 3 MAKE TIME FOR THE THINGS YOU ENJOY

The time you used to spend commuting is yours – what can you do in those minutes? Or if in a new job role, what can you do that will lift your spirits?



## 4 BREATHE!

Breathe in for count of 5, then out for count of 5. Repeat x 5 (once an hour, several times a day, no limit). The more you do this, the quicker your brain will bounce back from stress.



## 5 EXERCISE EVERY DAY

Exercise boosts healthy hormones that support happiness. NHS guidelines - be active every day  
<https://www.nhs.uk/live-well/exercise/>

## 6 SOOTHING MINDLESS/MINDFUL TASKS

Do soothing mindless tasks (knitting, ironing, painting, colouring, baking... whatever is calming for you)



## 7 RE-WIRE YOUR BRAIN TO NOTICE POSITIVE THINGS

Keep a gratitude journal (or snap photos on your phone) of 3 Good Things from each day for 20 days, then drop to once a week.



## 8 WORRY ONLY ONCE A DAY

Write down your worries anytime they pop into your head. Schedule time to worry on them once a day only. Cut down news and social media to credible sources. Consume as little as possible.

