

Wellbeing Tip of the Week

Find the lesson



This whole crisis can seem depressing, frustrating and emotionally draining. One way to work through it is to focus on the potential positive outcomes and the things we can learn from our experience.

What have you learnt about yourself and how you cope in stressful situations?

What might you do differently if faced with a difficult situation in the future?

What changes can you make in your day-to-day life to prepare you to cope better and build your resilience?

For example, practising self-regulation exercises e.g. deep breathing (breathe in for 5 seconds and out for 7 seconds) or letting go of the things outside of your control.