

Wellbeing Tip of the Week

Gaining a sense of control



In this time of uncertainty, where we can't predict what's going to happen next, it can feel like we have little control.

This can be damaging for our mental wellbeing. So, what can we do to regain that sense of control amongst the chaos?

Try to create structure in your day by establishing a routine, find things around the house that you can tidy up or re-organise, take on a project that you can do at home, e.g. growing some vegetables.

Having control over our life circumstances can reduce chronic stress and improve our physical health.