



Rest, Relax and Wellbeing

At ema consultancy, our focus is always on people and never more so of late, meeting the challenges of COVID-19, and hearing the sad news of the illness and loss of family, friends and colleagues.

At a time like this it can be difficult to remain resilient, but we thought it might be helpful to share some small ways you can nonetheless support your wellbeing.

1. Celebrate your achievements; they will invariably have been achieved under more difficult circumstances. Write them down – the act of committing them to paper is proven to make the impact last longer, even if you don't re-read them.
2. Think about those small acts of kindness you can offer others and think about those that you may have received. Recommend a book to someone, post a LinkedIn recommendation or write a thank you email. A five-minute favour helps you and someone else.
3. Keep channels of communication open with colleagues, friends and family. If you can use technology to improve communication and help you interact, do so.
4. Limit your exposure to news updates; for some people the 10 o'clock news can be an unsettling way to finish the day.
5. Set aside a time of day to turn off all the technology that keeps us buzzing: phones, laptops, iPad, social media, email, television and radio. Use the time to sit quietly somewhere, alone with your thoughts, or try meditation.
6. Look after your health and wellbeing. Ensure that you eat a healthy diet, take exercise (try and have a daily walk) and get adequate sleep. Give yourself a daily treat!
7. Create a meaningful structure for the weeks ahead; segment your life into blocks or pillars eg relationships, work, exercise, relaxation. Dedicate some time to each of them. At a time when work and home boundaries are becoming blurred, this becomes even more important.
8. Adopt the 'five more' rule. Whenever you feel like quitting, just do five more: five more minutes, five more exercises, five more pages etc
9. Think about what you would really like to go back to and why. What you would like to change and why? The Stop, Keep or Start model is a useful approach to this exercise, or try Cull, Continue and Commence!
10. Stay in the here and now; don't try and think too far ahead.