

in times of **uncertainty** ADOPT THESE *daily* **wellbeing** **HABITS**



We're all feeling the collective pull on our inner resources right now. As humans, we're creatures of habit. We like predictability and certainty around our daily routine, work, and perhaps most importantly, our health and well-being. Yet, all of these matters seem up for change, leading to growing uncertainty in our daily lives.

We're facing tough times. As our 'normal' shifts for a season, we will benefit from being proactive about managing our stress and well-being. The baseline for good health stands. Sleep, eat a nutrient rich diet, exercise daily. Where possible, keep up a routine. If you don't already, adopt a daily mindfulness practice to stop worries from snowballing. Science supports the benefits of even 10 minutes a day. With that in place, we can draw on years of research from human behaviour sciences and adopt practical strategies to boost our well-being and buffer against the negative effects of stress.

As a community, we have recently witnessed our own heartbeat of support during crisis and we feel confident this will continue through conscious efforts to remain connected.

History has taught us that the way we survive and thrive through adversity is through courage, compassion, creativity and connection. Here are some ways you can foster these qualities in this period of uncertainty.

Courage. Sisu is a Finnish word that describes our human capability to endure significant stress and take action even when we perceive we have nothing left. When fear taps on your shoulder, remind yourself of all you are capable of. Recall a time of hardship, and how you drew on your internal strengths and support from those around you.

Compassion. Research shows that kindness counts. Be mindful of the words and actions you share and incorporate simple acts of kindness into your day. You're well-being will benefit as you watch the ripple of love you create.

Creativity. Creativity helps us to thrive in tough times. Brainstorm different ways you might use technology to reimagine your current business offerings and share all that you know. At home, set a challenge to imagine multiple ways you could re-purpose household items for family fun.

Connectedness. Social belonging not only feels good, but is a protective factor for our health and well-being. As we go online to keep our connections thriving, remember those not digitally inclined. Call someone you love every day, speak to neighbours across the fence and adopt smiling at every opportunity as your new non-negotiable.

Collectively, we'll ride through this period of uncertainty with our greatest strength. Love.

Mariane and Jenna, Co-Founders of The Posify Group

(With huge thanks to The Focus for this opportunity to share the good stuff. When everything else feels a little bit wild and out of control, we truly believe it's the stuff that matters most)

The above is for general use only. If you or a loved one are concerned about your mental health, talk to your GP or call the NSW Mental Health Access Line on 1800 011 511, or Lifeline on 11 13 14.