

# Steps to relieve pressure and regain control!

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There's so much uncertainty in the world at the moment, it's easy to feel overwhelmed by fear and anxiety. It's important more than ever, whether you are a keyworker, self-isolating or working from home during social distancing that you look after your mental health and well-being. Such times can cause our resilience levels to dip, but there are plenty of things you can do to get through this difficult time to build resilience, such as 'The four A's; Avoid, Alter, Adapt & Accept'.





## Avoid

It's important to remember, it's not healthy to avoid a stressful situation that needs to be addressed but you may be surprised by the number of pressures and stressors in your life you can reduce and take control of.

**It's ok to say no:** Know your own limits, ensure that you are not taking too much on, it's important to practice self-care.

**Avoid people who cause you stress:** It's ok to avoid the people who cause you unnecessary stress, you might want to take some time apart from that person or even end the relationship.

**Control your environment:** Taking control of your environment can help alleviate pressure, we live on a notified and anxious planet, ration social media and the news. If taking a trip to the local grocery store might cause you worry, try shopping online to create less stress and promote a greater sense of peace and control.



## Alter

Sometimes you can't avoid a stressful situation but you can alter it.

**Speak your mind:** It's ok to voice how you are feeling in a respectful manner, practice becoming more assertive to ensure your worries and concerns are heard. Try to tackle the problem early to avoid the situation from escalating.

**Finding the middle ground:** Be willing to compromise and also change some things about yourself in order to find a happy outcome for all parties.

**All work and no play?:** The Five Ways to Well-being provide five key steps that you can take as your mental 'five-a-day' to contribute to your overall well-being. Don't worry, we know there are restrictions in place, that's why we have created a toolkit with lots of creative ideas for each step, will you take them on?



## Adapt

If you can't change the stressful situation you can learn to adapt. You can challenge unhelpful thinking patterns and gain perspective.

**Reframe:** viewing a stressful situation positively in the current situation might be tough, but it's important to take time to pause and reflect. Try to challenge negative thoughts and replace them with positive thoughts.

**Perspective:** Take time to reflect on perspective v reality. Ask yourself; will it matter next week? A month? A year?

**Self-Standard:** are you setting yourself unreasonable goals? Do others expect this from you? Learn ways to be ok with not being perfect and being 'good enough'. Creating a 'good enough' mindset that isn't filled with unrealistic expectations will help you cultivate a sense of well-being.



## Accept

Some situations may be unavoidable and out of our control such as Covid-19. In such cases it is important to remember we have to cope with stress by acceptance. It can be very difficult to do but it can present you with more time to focus your energy on taking care of you!

**Keep talking:** sharing your feelings and expressing your thoughts is more important than ever, talk to a colleague, a trusted friend, a councillor or your GP.

**Stay positive:** reflect on your thoughts, feelings and behaviours and challenge negative situations by practising the four A's. Take time to reflect and gain perspective.



AMH Works provide a range of programmes which support employers to improve mental and emotional well-being in the workplace and create Healthy, Resilient Workplaces, to find out more contact AMH Works Manager, Shelly Wilson on **07540124083** or **swilson@amh.org.uk**

There may be times when you need extra support. If you're finding things really difficult you might want to speak to your line manager, a GP, Lifeline or Samaritans. **Further information on sources of support are available on [www.amh.org.uk](http://www.amh.org.uk)**