

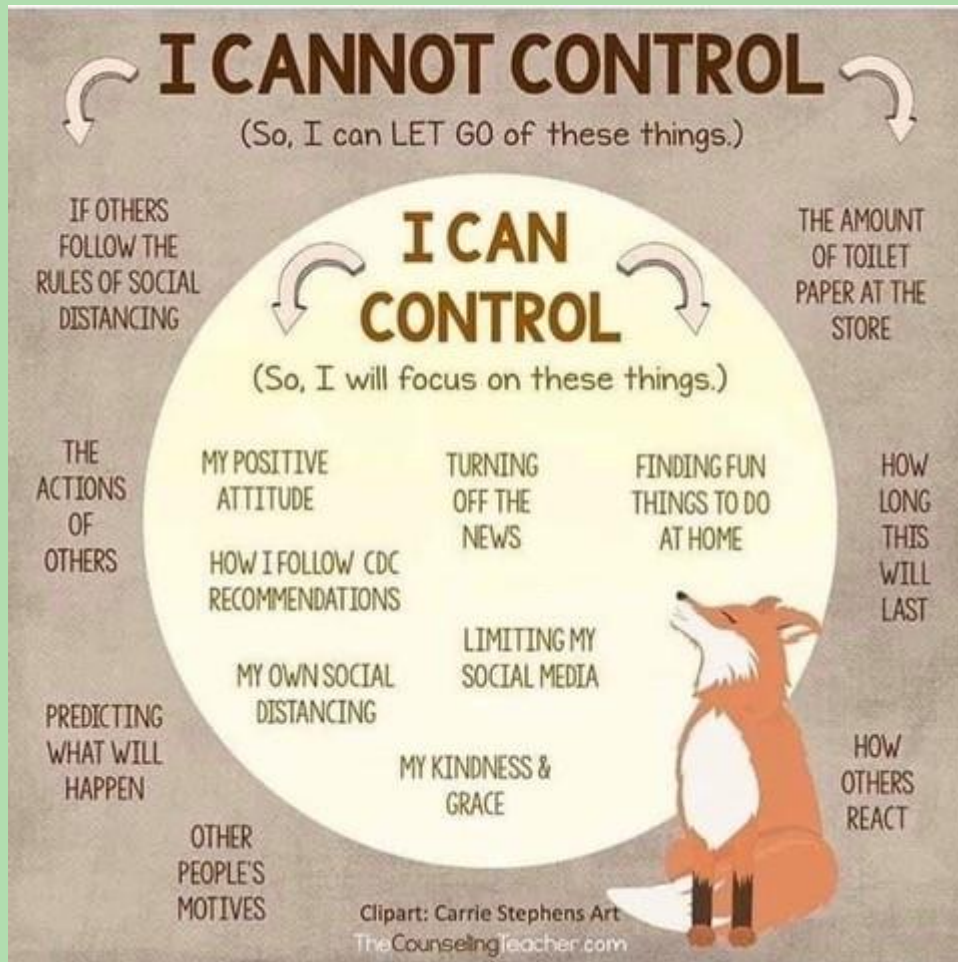
Lighthouse


Lives **Lived** Well 

This week's theme:

Focusing on what's in our control

Sometimes, when circumstances feel totally out of our control, much like what we're experiencing with the Coronavirus, it can make us feel like we're on a bit of an emotional rollercoaster! We all experience 'good days,' 'bad days' and 'okay days' while we're living in this uncertainty, which is why **its important to remind ourselves of some of the things we ARE certain of and some of the things that ARE in our control.** The things we are certain of and have control over may look different from day-to-day depending on our routine.



Things that are within your control:

How much Netflix you decide to watch

How many cups of tea you drink

Playing our favourite music

Telling a friend how much they mean to you

Who you follow on social media

Going outside for fresh air (even if you sit in the back yard)

How you wear your hair

What clothes you put on for the day

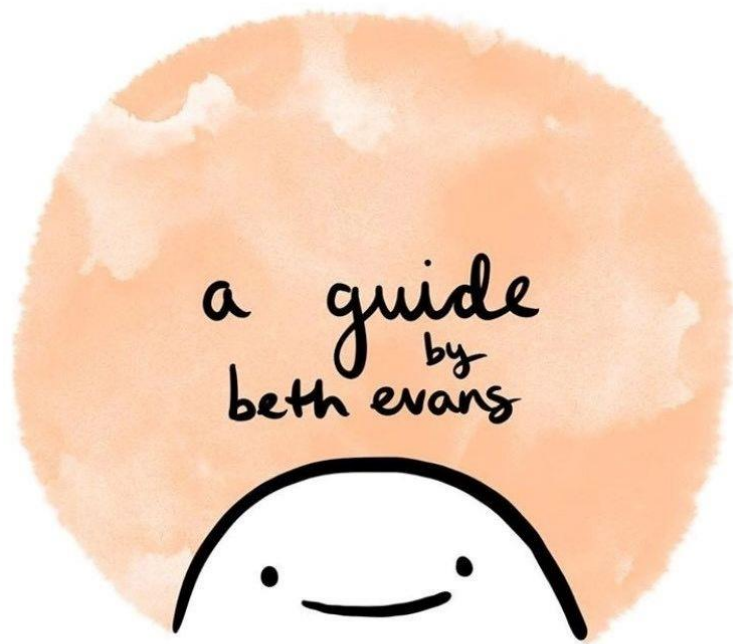
Making your bed

At the moment for lots of us our usual routines of going to school or work are very different or non-existent. We have been talking with people this week about that feeling of waking up and feeling anxious, worried or lost because they don't have a plan or any ideas about what they might be doing that day. That feeling can often be quite overwhelming.

A strategy you might want to experiment with - before you go to bed write down one or two things you would like to do the following day. This can be things like walking your dog, doing some colouring in, connecting with a friend, making your bed, rearranging your room, making a playlist, gardening, reading a book, doing one of the activities from the Lighthouse Care Pack.

STAYING INSIDE

do's and dont's



DO Pick an activity that gives you a break from the news cycle

not watching the news doesn't mean you don't care - it means you care about yourself too



DON'T Feel like you have to master five thousand new things or complete your life's work



DO Concentrate on what needs to be done today

Set realistic goals and accomplish what you can



DON'T Plan far into the future - we don't know what will happen, which is scary, and planning far ahead can be really stressful



DO Give yourself space to feel what you're feeling

it's ok if you need a minute to cry or let yourself feel things - no one is super human



DON'T Force yourself to find a silver lining - you might end up more frustrated or emotionally drained



DO Give yourself a break - it's a stressful time and impossible to be perfect

honestly, you're probably doing amazing right now



DON'T Forget you're real, valid, and very much needed in this chaos!



Sometimes just waking up knowing that you have a couple of things planned can help. If that idea doesn't sound like something you'd like to do, what about an ideas jar, where

you write down on little pieces of paper lots of different things you like to do – and can do at the moment – and put them in a jar. At night before bed or in the morning when you wake up you can take one or two ideas out of your jar and get your day going!

Remember, we're still here for you. You can call us at **0756998248** or email us at lighthouse@liveslivedwell.org.au if you need us.

Take care, be kind and stay safe,
The Lighthouse Team
Suzi, Louise, Carly, Andrew, Charisse and Jymbi