

## Keeping optimistic during the pandemic

COVID-19 and the drawn out restrictions imposed on us for what feels like an eternity has made it difficult for many people to remain positive and optimistic during the pandemic and also for the future.

Being optimistic for the future is often what motivates and drives us as people, if we lose this optimism it can become hard to find the motivation to work towards something, or even maintain any current efforts you're making. It is at this point our mental wellbeing can be impacted, which makes it even harder to find that positivity and optimism again to carry on.

This is something many of us may have experienced over the last year or so, but there are a few things to consider which can help to recover that optimism and positivity for what we're going through now and what the future may hold.

### Try to find some silver linings of the pandemic

Although it's been a tough one for us all, try to find some positivity from the past year. Did you manage to spend less money because you weren't going out as much? Were you able to spend more time at home with loved ones? Were you able to spend more time focussing on yourself? What have you learnt from your experience in the past year, perhaps to appreciate the luxuries and what's on your doorstep a bit more? As the saying goes, every cloud has a silver lining, you just need to find yours whatever it may be.

### Feed yourself positivity

Manage the influences in your life to help feed your positivity. You won't be able to completely avoid negativity, but you can pinpoint sources of it such as TV/Social media and limit the amount of time you spend absorbing it. This will help you maintain a level of positivity and optimism by reducing unnecessary concern.

### Look after your general wellbeing

Looking after your general wellbeing often has a positive effect on your state of mind, as it reduces stresses and anxieties, it can also make you feel more positive and optimistic about things. Making sure you get enough sleep, have a healthy diet and exercising whether that's mind, body or both will help you feel powerful, in control of things and more optimistic. You will also find you will be better equipped to deal with the occasional hurdles that may come your way.

## When life starts returning to normal, start it off well

Much like getting off to a good start when starting your day, try to do the same when things eventually return to normal. Set yourself some goals to achieve, or little things you would like to do more or less of. Don't over burden yourself with too many, or unrealistic resolutions, but think of the little things you would like to do more of when things open up - perhaps 2020 highlighted a couple for you. Maybe checking in with friends more, or try to bring more positivity to others. Not only does helping others make you feel better and more positive, but by working on yourself you will feel like you're progressing in areas you wouldn't have normally considered.

## Don't look back

There is a reason why when you're driving a car the rear view mirror is so small, your focus should be ahead. This is something to consider when looking for a burst of positivity or optimism. Sometimes it is easier said than done, but living in the past you will miss what could be coming to you in the future, or the present day. Although the pandemic has been a dreadful thing for many people, it has also given us a unique perspective of things we wouldn't have otherwise had. How much are you going to appreciate hugging friends and loved ones? How much are you going to appreciate a nice meal out? How much will you appreciate being able to go back to food/music festivals, events, gatherings? Maybe not having this has made us reflect on all of the things we took for granted, perhaps we will have a newer zest for life?

## More information

If you would like to view the Webinar on '**Keeping optimistic during the pandemic**' this is being delivered live on **Friday 26<sup>th</sup> February at 12pm**, please use the following link to register for this session -

<https://attendee.gotowebinar.com/register/4682327854410123790>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

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