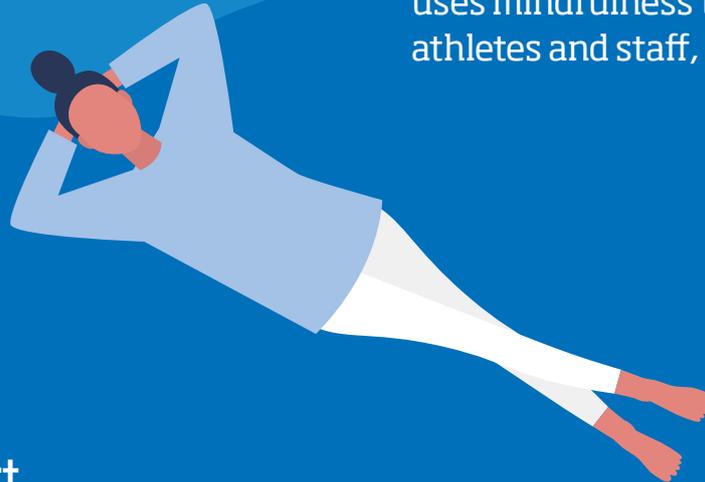


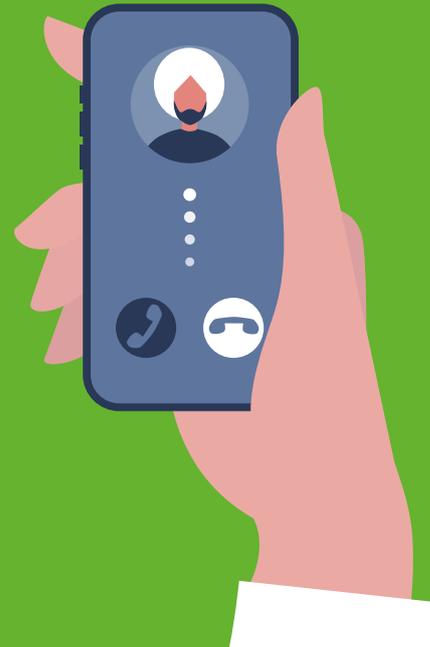
These are uncertain times for everyone with routines disrupted and more people spending time alone.

# MINDFULNESS MATTERS

Our Performance Psychology team at the **sport**scotland institute of sport regularly uses mindfulness techniques to support athletes and staff, here are their top tips.



# “This too shall pass...”



However unprecedented and unusual the COVID-19 situation is, it will not last indefinitely.

Just keep taking small steps, keep yourself occupied, keep in touch with others and try to keep active every day.

# Your biggest challenge.

It is useful to be aware of where your biggest challenge lies during uncertain times. Ask yourself:

- What state of mind is helpful for me in these circumstances?
- What else I can do to see me through this time?

Write specific words and statements down and pin them where you can constantly see them to remind you of the positive and hopeful mindset that will help you to see things through. What you learn about yourself and about how you react will help you to face future challenges.

You could look at them as you exercise each day, combine your physical activity with your positive words to help you feel better physically and mentally, and if you're exercising outside, you could listen to the words through your headphones.



# Create certainty every day.

Create a timetable for your day and set small goals:

- Get up at the same time
- Make exercise one of your priorities. Set yourself small daily physical challenges that you do at a specific time with a set number of reps

- Spend time outside if it is safe for you to do so
- Try daily mindfulness training. There are a range of apps available online, or you can find guided meditation practice on YouTube

Routines and goals will keep you occupied and focused on your small, but important achievements.



# Show your selfless side. Check on others.

Ask yourself how you can help others at this time. You don't need to be a hero, but every small, positive action in relation to others around you also contributes to your own wellbeing.



- Call friends and family, especially those you have not been in touch with for a long time. Find out how they are coping and show kindness and support
- Check on neighbours who may be alone
- Encourage the people you connect with to keep as physically active as possible to support their mental wellness

If you pause and think, you will find there are many opportunities where you can make a small, yet important difference, to other people.

# Stick to what brings you joy and keep an eye on what brings you despair.

Take a minute to reflect on what brings you joy and what makes you upset or stressed.



- What happens if you constantly watch/listen to the latest news?
- How does this affect your mindset?
- What happens if you have no structure to your day and have no specific goals?
- What is likely to happen if you stare at your computer/TV screen all day long?  
How do you feel without exercise?



This is an opportunity to do something you enjoy that you've not done for a while because of a normally busy lifestyle. Consider yoga or pilates as part of a schedule to help you exercise and stay calm.

Finding what brings you joy can be very powerful. Remember, no external circumstances can take your joy away!