

DURBANVILLE COUNSELLORS

The current situation is new and uncertain for many of us, so we at [Durbanville Counsellors](#) would like to share some “quarantools” as we like to call it, for those days that you might need a little extra support to help you to keep going.

SOME OF THE BASIC THOUGHTS INCLUDE:

- Keeping to a routine during the week as one normally would. Get up early, exercise (there are so many free ideas and videos online), eat a healthy breakfast, get dressed (don't wander around in your pyjamas) and try to accomplish at least one thing each day (chores, cooking, baking, de-cluttering etc).
- Get a lockdown buddy. This is someone you can check in with every day. Either via whatsapp, phone call or email. The idea here, is that you can share your emotions and how you are feeling with this person.
- Minimize your time on social platforms and watching media. Some of the stories and news can trigger negative thoughts.
- Make weekends fun!

SOME OF THE “TOOLS” THAT CAN BE USEFUL:

- Try some new activities (art; learn a new language; learn to dance etc).
- Interacting with animals (stroking/talking to them) can lower stress levels.
- Focus on eating/sleeping habits.
- Deep breathing techniques (many videos available online).
- Identifying triggers that are reminders/cause unnecessary stress.
- Making a point of improving relationships with family/friends (as well as online relationships).
- Ending destructive habits (alcohol/drugs etc).
- Meditation.
- Making lists (helps to bring order/clarity).
- Learning to play a new instrument.
- Finding a spiritual connection.

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Remember to keep checking in with yourself. It is normal to have some form of fear or anxiety about the unknown. Acknowledge your feelings, they are important.

Let us try and focus on the positive. This change could mean new opportunities for you, time to leave unhealthy relationships and also valuable quality time spent with your family. We can use this time to rest, to recharge and to value and appreciate the simple things in life.

Please feel free to contact us for assistance during this time. We do online sessions and will do discounted rates during the lockdown period.

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