

IBEW LOCAL 1007



A MENTAL HEALTH MESSAGE

from Jimmy Connor, Business Manager and Financial Secretary

Hello,

During these interesting times it is important to remember ones mental health. For some of us trying to juggling child care and work can be very stressful. For others, the idea of the Covid-19 virus is stressful enough. Self care is going to be very important to all of us over the next couple of weeks. I would like to share some ideas if I may to help deal with anxiety and possibly even depression.

Tips for dealing with feeling low:

- Start a grateful journal: when you are feeling very low write down as many things as you can think of to be grateful for. Some examples could be 'my kids, my job, my spouse/partner, or even rainbows'. The idea is starting to get one thinking in a positive light. Over time you will find your thinking more positive more often and this is the goal.
- Vision boarding: for those who have a crafting side to them. Cut out pictures and words that you can see your with in the near future on a larger piece of paper. Some examples: new vehicle, renovation of your home, a new pets perhaps. Any time you feel low just look at the board and remember what you have to look forward to.
- Do not dwell on the past: remember the past, do not stay in the past. In some states of feeling low we tend to dwell on past experiences that were negative. Try to focus on the present or something positive coming soon.

Tips for dealing with Stress and Anxiety

- Belly breathing: Place one hand on your chest the other on your stomach. Breath in through your nose and out through your mouth. Your chest should move very little during this exercise. Let your diaphragm do the work of pushing and pulling the air into your body. This increases the amount of oxygen to your blood and brain. After a minute or so of this you will feel more calm.
- Meditate: find a comfortable seat or lay down if you prefer. Try and let your mind go blank, put on some calming music if you like. As you stay in your comfortable position only focus on your

breathing. Deep breaths in..... out.....
..... in out..... and focus only on your
breathing. Try to keep this up for about ten minutes.

- Exercise: this has been known to work on both feeling low and for feeling stressed. Keep it simple, go for a 10 to 30 minute walk or jog. Even lift some weights if that is your preferred exercise. The important part is to get and keep your blood flowing to your brain and other vitals. Exercise releases serotonin into your brain with helps produce happy feelings.
- Talk it out: try not to keep your stress bottled up. Find a positive person that you are comfortable with and talk out the problem(s). Sometimes just having someone listen is enough. Other times an exchange of ideas will help.

If anyone else can think of some ideas that work for them I would love to hear them. I hope this helps, I know some of these ideas have helped me.

Sláinte (Good health)

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