The number of people who said they feel ‘happy’ in the UK has fallen from 50% to 26% as the effects of social distancing become apparent. Stress, meanwhile, has become the most common emotion with 48% of Britons now considering it their primary emotion.¹

8 tips for maintaining your wellbeing during coronavirus

Lane4 defines wellbeing as “a dynamic state where one is able to maximise physical, mental and social functioning to live a full, satisfying and productive life.”

The coronavirus crisis is pulling us away from this state of wellbeing, but there are some strategies for our mind, body and environment that we can use to help us maintain our equilibrium.

How you can maintain a good state of wellbeing

Mind

It’s fine not to feel happy all the time, but the positive emotions of joy and contentment are hard to come by when you’re feeling stressed and anxious.³

Focus on what’s not changed. Not everything in life has been turned upside down by coronavirus. Try to find those static points, like the fact the birds are still singing in the trees.

Body

Get enough sleep. It seems obvious, but even minor sleep deprivation can have big effects. A senior surgeon who slept only 6 hours or less is 170% more likely to commit a serious surgical error than if they’d had a full night’s sleep.¹ It’s been shown that after 22 hours without sleep, human performance is impaired to the same level as that of someone who is legally drunk.¹

Improve sleep hygiene with these strategies:

- Maintain a consistent bedtime
- Avoid caffeine 4 hours before bed time
- Avoid alcohol 2 hours before bed time
- Remove electronic devices in the bedroom
- Reduce overall light in the room
- Maintain a good temperature in the room

Exercise 20 minutes a day. HEPA (Health enhancing physical activity) refers to any forms of physical activity that benefit health and functional capacity, not just formal exercise. HEPA should be of moderate intensity and can be achieved in any context, such as in the household or just general leisure.

Environment

Reach out to friends and family. Let the people close to you know when you are struggling. People will help, and sometimes something as simple as a phone call from someone who cares about you can make a world of difference.

Look at horizons. The simple act of looking at the horizon helps us to get some perspective on our anxieties. Try to spend time in wide open spaces.

State of wellbeing

Sense of physical safety

Authentic and connected

Curious and learning

Feeling pass or helpless

Feeling aggressive or impatient

Feeling passive or helpless

Feeling calm or content

Feeling safe or secure

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Sense of physical safety

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How coronavirus is affecting our wellbeing

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Find out more about maintaining your wellbeing in our webinar at lane4performance.com/wellbeing.