

WELLNESS CAFE

Unexpected benefits of Lockdown! 10th March 2021



Unexpected Benefits from Lockdown

Lockdown has been a tough time for most of us, whether we are operationally focussed or working from home. Each area has had its own unique challenges that have had an impact on our health and wellbeing.

But amongst all the negativity, there have been moments of joy. Whether that's finding time to pick up a new hobby, re-connect with old friends or just have more time to relax, everyone can identify something they will continue to hold on to when lockdown eases.

In light of this, we wanted to discuss the unexpected benefits of lockdown and for us to consider what we will welcome back into our life when we return to normal – and what we will leave in the past.



Unexpected Benefits of Lockdown



Travel

One of the biggest impacts has been the reduction in travel to and from work. This has resulted in us gaining back time whilst also breathing cleaner air when out for our daily exercise!



More Rest

Lockdown has encouraged us to simply do nothing. With our usual habits and hobbies on hold, we have had to find joy in the simple things and simply taking time to rest. Majority of attendees have indicated this has been the biggest benefit so far.



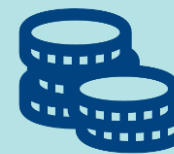
Community Focus

In the main, COVID has helped us regain a sense of community spirit. We have created stronger links with our neighbours, supported our emergency service colleagues together and have connected online with long lost acquaintances.



Family Time

Whilst home schooling may have been a significant challenge, the pandemic has also presented the opportunity for us to spend more time with our children, from toddler to teens. We have also been able to spend more time with wider family in the great outdoors



Less Spending

With the shops and restaurants closed, we have been able to spend less. Not spending on your morning coffee or impulse purchases in the supermarket have all had a positive impact. Some however, may have developed a slight Amazon dependency but that's for another session!



What you said....

I definitely appreciate more time from not commuting! **Self care can be doing nothing**, or doing something for yourself, just having that little extra time to enjoy certain things like exercise, books, tv, sitting with thoughts etc. **without feeling exhausted or guilty.**

I like being able to facetime with friends on a whim without having to put catch ups in the diary - **I've seen more of some friends than I used to before.**

My priorities have definitely changed and I have learnt to set boundaries. **I feel less guilty now about saying no** and this is something I have always struggled with in the past! I look forward to putting my family and myself first from now on.

I'm missing my friends loads but I have a weekly book club with some, and watch bake off with others - I think lockdown has taught us that **we don't all have to be in the same space to feel connected.**

It has made me **appreciate my family more.** Working operational, I am **so grateful to my partner** for picking up everything else such as childcare and home schooling.

I think **it's important not to feel pressured to go out after lockdown** because you haven't gone out and your friends might expect it but they may be excited to go out but you might not want to.



Useful Resources

- [Oscar Kilo Sleep webinars](#)
- [The Sleep Council](#)
- [Positive Psychology Resilience Building Tools](#)
- [Positive Traumatic Growth Research Group](#)
- [10 Ways to Enhance your Resilience](#)
- [Care First](#) (user name: southwales password: police)
- [Indoor Nourishing Activities Checklist](#)
- [Academi Wales Mindfulness Courses](#)
- [Oscar Kilo Mindfit Course](#)
- [Robertson Cooper Personal Resilience Tips](#)
- [SWP Wellbeing Portal](#) (including links to Occupational Health, wellbeing interventions and our mental health toolkit)
- [SWP A-Z Resources](#)
- [Police Sports and Social South Wales \(PSSW\)](#)

