

# Beyond lockdown

## Transition with intention

Charlotte Jameson | [www.wellbeinggetsreal.com](http://www.wellbeinggetsreal.com) | @wellbeinggetsreal | 0499 275 623

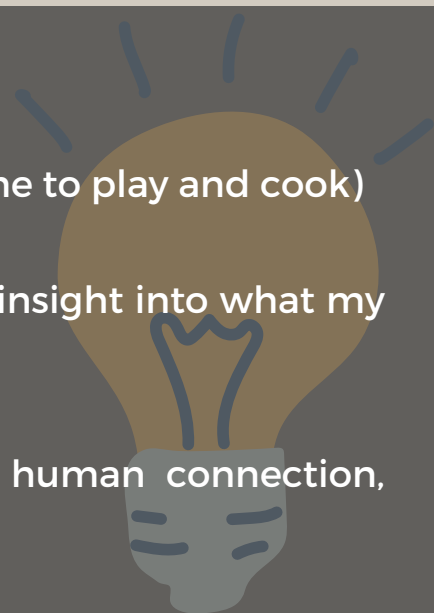
### LEAVING THE LOCKDOWN BUBBLE:



- For some, this is a blessing
- For others, they may feel anxiety about returning to the rush and potential infection
- Your kids may be feeling anxiety over any shifts in friendships or falling behind in schoolwork
- You're facing the dilemma of how to break the technology habits that have formed over lockdown
- A return to activities and after school care might mean later bed times and exhaustion leading to - melt downs!

### REFLECT on your time in lockdown:

- **What went well?** (ate meals as a family, exercised, had time to play and cook)
- **What did you achieve?** (juggling working from home, an insight into what my child is learning at school, a new hobby)
- **How did you get better?** (Realised the importance of human connection, slowed down the pace of life)



### REST lockdown could have caused you chronic stress:

How can you find moments as you transition out of lockdown to honour this?

- How does movement fit into your day?
- Who can you connect with, give a hug?
- Can you listen to music, journal, sing, paint?
- How can you prioritise your sleep?
- Can you find time to breathe...slowly....deeply



### RESET

How will you 'show up' for yourself, your partner, your kids?

Dr Adam Fraser in his book, *The Third Space* speaks the these three points of; Reflect, Rest and Reset for every transition you make. Moving through these steps will enable you bring the most helpful mindset to the moment you are in.



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