

Am I ok? Are you ok? Is anyone ok?

So, week 13 Further restrictions are being lifted to open up our society again. This is hugely welcome for many people and possibly quite threatening for many others.



The last couple of articles have hinged around how we get ourselves into a better mental space of being back out in the wide world again and that theme continues this week.

It must be acknowledged that lots of people feel very cautious and for some this is a bigger sensation that shows itself as anxiety.

For anybody who has lived with anxiety before the lockdown, the current situation can exacerbate those symptoms greatly. It's true to say too that people who have never experienced anxiety in its raw form before, are now finding themselves in this mental space too.

The capacity of the human being to cope with adversity is immense. Yes, at times your mental health may feel as if it is under siege and experiences of this pandemic can be overwhelming.

- [That's ok](#)
- It is totally understandable - we have never lived through something like this before
- [Offer yourself compassion to accept what you think and feel for what it is](#)
- Permit yourself to know that you can work with these feelings and create a path for change

We all need to find a new normal, adaptations to our way of living and to really own a deep sense of personal responsibility, so when we are out and about, we're mindfully looking after ourselves and each other.

If you'd like to read a bit more about understanding worry and anxiety better and other ways of managing it, there are some articles on our [CHIMP](#) site.

We'd recommend looking at this information too => [Living with Worry Amidst Global Uncertainty](#)



We hope you have found this week's article an interesting read. Take good care of yourselves.

Tash, Catherine, Rach, Frankie and Sarah x