



NOV ANOTHER
SALON

**NOT ANOTHER POST COVID
WELL BEING PACK**

2

LOOKING AFTER YOURSELF

Managing stress and worry during COVID-19

What is happening right now across the world is an absolute shit show. So it's totally understandable that many of us are struggling to keep it together. Now more than ever it is important to take care of our minds and bodies.

(If you have never really thought too much about looking after your body and your mind, then now is the time...and who knows, by next time you have a huge uncertain drama in your life (guaranteed by way- the crap never stops) you just might of gained some new skills to help you through that too.)

Now more than ever things feel uncertain, unpredictable and like we have little control over them. It is understandable that this outbreak brings with it a roller coaster of mixed emotions, as well as many new challenges and concerns. Your life has changed more than you could have ever imagined.

You may be feeling scared, worrying a lot more than usual, feeling stressed, low or anxious. In real terms this might look like biting the head off your partner, shouting at your kids a bit more than you'd like, crying, feeling hopeless or angry.

3

LOOKING AFTER YOURSELF

Emotions like these are all normal and to be expected- we are human for gods sake. The first think you need to do is give your self a break. Get your ass off Instagram looking at everyone who's looks like they are 'smashing it' because we have been around social media for long enough to know its bollocks. Everyone is dealing with something.

The information below is designed to help you take some control back during these weird times that have been chucked on us.

Firstly, let's look at what anxiety/worry is:

Anxiety is the body's natural response to feeling under threat or pressure. So if you are feeling anxious right now, welcome to the club.

But anxiety is not Gods way of being an asshole (or whoever you believe in.) Anxiety is actually there to be helpful. Anxiety is there to protect you, to keep you alert, prepare for what's ahead and motivate you to get off your arse and do something about it. So when you look it like that; a normal amount is pretty damn helpful.

4

FACTS ABOUT ANXIETY



1. Anxiety is normal. We all experience anxiety at times.

2.

Anxiety is adaptive. It is an evolutionary response that helps us to deal with real danger (for example, anxiety allows us to jump out of the way of a speeding car) or to perform at our best (for example, it motivates us to prepare for a big presentation). Its often worth remembering that adaptive anxiety has lots of positives too!

3.

When you experience anxiety, your body's "fight-flight-freeze" response (also called the "adrenaline response") is triggered. This response prepares your body to defend itself.

5

FACTS ABOUT ANXIETY

4.

Anxiety is not dangerous. Although anxiety may feel uncomfortable, it is not dangerous or harmful to you. Remember, all the sensations you feel when you are anxious are there to protect you from danger, not hurt you.

5.

Anxiety does not last forever. When you are anxious, you may feel like the anxiety is going to last forever. But anxiety is temporary and will eventually decrease.

6.

Anxiety is mostly anonymous. Most people (except those close to you) cannot tell when you are anxious.

We experience anxiety when we PERCEIVE or THINK that we are in danger. This response is great when there is an actual danger (such as that speeding car), but becomes a problem when the "perceived danger" is not actually dangerous (giving a presentation). Clinical anxiety occurs when feelings of anxiety become all consuming and impact upon a persons day to day life.

6

COMMON SYMPTOMS

FEELING NERVOUS, RESTLESS OR TENSE
HAVING A SENSE OF IMPENDING DANGER, PANIC OR DOOM
INCREASED HEART RATE
BREATHING RAPIDLY (HYPERVENTILATING)
FINDING IT HARD TO TAKE A FULL BREATH IN.
SWEATING
TREMBLING
DRY MOUTH
PINS AND NEEDLES
FEELING WEAK OR TIRED
TROUBLE CONCENTRATING OR THINKING ABOUT ANYTHING
OTHER THAN PRESENT WORRIES
HAVING TROUBLE SLEEPING (INSOMNIA)
EXPERIENCING GASTROINTESTINAL (GI) PROBLEMS
HAVING DIFFICULTY CONTROLLING WORRY
HAVING THE URGE TO AVOID THINGS THAT TRIGGER ANXIETY

7

COMMON SYMPTOMS

As our world is rapidly changing and given the daily news it would be hard not to worry about what it all means for you, and for those you love. Worry and anxiety are common problems at the best of times, but when they become all encompassing we can find it really hard to manage our daily lives. Worrying is essentially a type of repetitive negative thinking whereby we get stuck, trapped or caught in our negative thoughts about future events. The negative thinking has a snowball-like quality to it, and we have trouble disengaging our minds from these thoughts.

8

WHAT DOES WORRY FEEL LIKE

WHEN WE WORRY IT OFTEN FEELS LIKE A CHAIN OF THOUGHTS AND IMAGES,

which can progress in increasingly catastrophic and unlikely directions. It is natural that many of us may have recently noticed ourselves thinking about worst-case scenarios. The

9

WORRY CHAIN

VIRUS RELATED EMAMPLE



I have a cough

What if I have the virus?

What if I passed it on to everyone at work?

What if die?

What if i kill people too?

WORK EXAMPLE



I've forgotten how to do my job

What if I make a mistake

What if i lose my job

What if i cant pay my bills

What if i lose my home

10

WHAT DOES WORRY FEEL LIKE

Can you see how this worry chain just takes you in circles, leading nowhere productive?

Worry isn't just in our heads. When it becomes excessive we feel it as anxiety in our bodies too.

THOUGHTS

e.g., I have a cough, I must have the virus?

WHAT YOU MIGHT END UP DOING

e.g., google symptoms of virus, check self, call 111, or go to hospital

WHAT YOU MIGHT BE FEELING

Shorting of breath, tightening of the chest. e.g.heart racing, shortness of breath chest pains.

In this example the physical symptoms of anxiety can mimic some of the actual symptoms of coronavirus leading to a vicious cycle of increasing anxiety.

11

WORRY CHAIN

It's a pretty confusing time once your body gets involved in all this....

SO LET US START BY PAUSING AND VALIDATING OUR FEELINGS.

Our whole lives as we have ever known them have completely changed. Some of us have already lost loved ones, many of us are missing families, friends, and our work. Every single day (and night) we are trying to make sense of this new 'normal' without really knowing when or how long things are going to be like this for. So telling yourself not to worry is never going to work!

Instead, acknowledge the situation and how you feel about it. Remember, you have the right to be anxious — but you also have the ability to cope with it in a more constructive way.

12

BEATING OUR WORRIES AND ANXIETY

Stay informed but don't obsessively check the news and unplug from social media. (Always be mindful of what you are reading/watching).

We know how important it is to stay informed, especially about what is happening in our own communities. But there is a lot of misinformation on social media as well as sensationalistic media coverage that only feeds into FEAR. It is important to be careful about what you watch and read. Remember the more impactful the media coverage, the more ratings, the more ratings the more money they make from advertising. It's as simple as that. It's in their business to rip the emotions out of you. It's your choice if you let them.

It's understandable that we are looking for more information but the more that we watch/read about coronavirus and focus on it, the PERCEPTION of threat increases (not the actual risk but our perception of it). By reducing or eliminating

13

BEATING OUR WORRIES AND ANXIETY

contact with media you can help yourself manage your own anxiety and worry. If you cannot eliminate contact with media, we can control it by using the following approaches:

- Make sure that the information only comes from reputable sources. Talking of reputable sources please for the love of life stop forwarding terrifying 'I've got a friend of a friend that know something on the inside...' it is not doing anyone any good. Respectfully reply to you friends, 'Sorry love, I'm not sure I want to hear these, I'm going to stick to the news'.
- Limit how often we are watching/reading the news (set a regular time each day and stick to it).
take off news alerts on our phones.
- If you are really struggling with anxiety ask a close family member/friend to provide major news updates so you can totally switch off from checking the news- which is such a great idea.

14

BEATING OUR WORRIES AND ANXIETY

FOCUS ON THE THINGS THAT YOU CAN CONTROL.

We're all in a time of massive upheaval. There are so many things outside of our control, including how long the pandemic lasts, how other people behave, and what's going to happen in our communities. That's a tough thing to accept, and so many of us respond by endlessly searching the Internet for answers and thinking over all the different scenarios that might happen. But as long as we're focusing on questions with unknowable answers and circumstances outside of our personal control, this strategy will get us nowhere; aside from feeling drained, anxious, and overwhelmed.

When you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can

15

BEATING OUR WORRIES AND ANXIETY

control. For example, you can't control how severe the coronavirus outbreak is, but you can take steps to reduce your own personal risk (and the risk you'll unknowingly spread it to others), by following the guidelines set.

SURRENDER YOUR CONTROL

Buddhists believe in, and talk often about the word surrender. They believe that much of man's suffering is trying to control what he can not. There is a great release and a feeling of freedom when you let go of your need to control.

If you meditate, or even if you don't, have a little try of googling meditations on the word- surrender. It might take you a while to find one that fits for you (it's a bit like trying to find a hairdresser or a dentist) but once you find the one it can be super helpful to help you let go).

16

BEATING OUR WORRIES AND ANXIETY

Manage your **STRESS BUCKET**

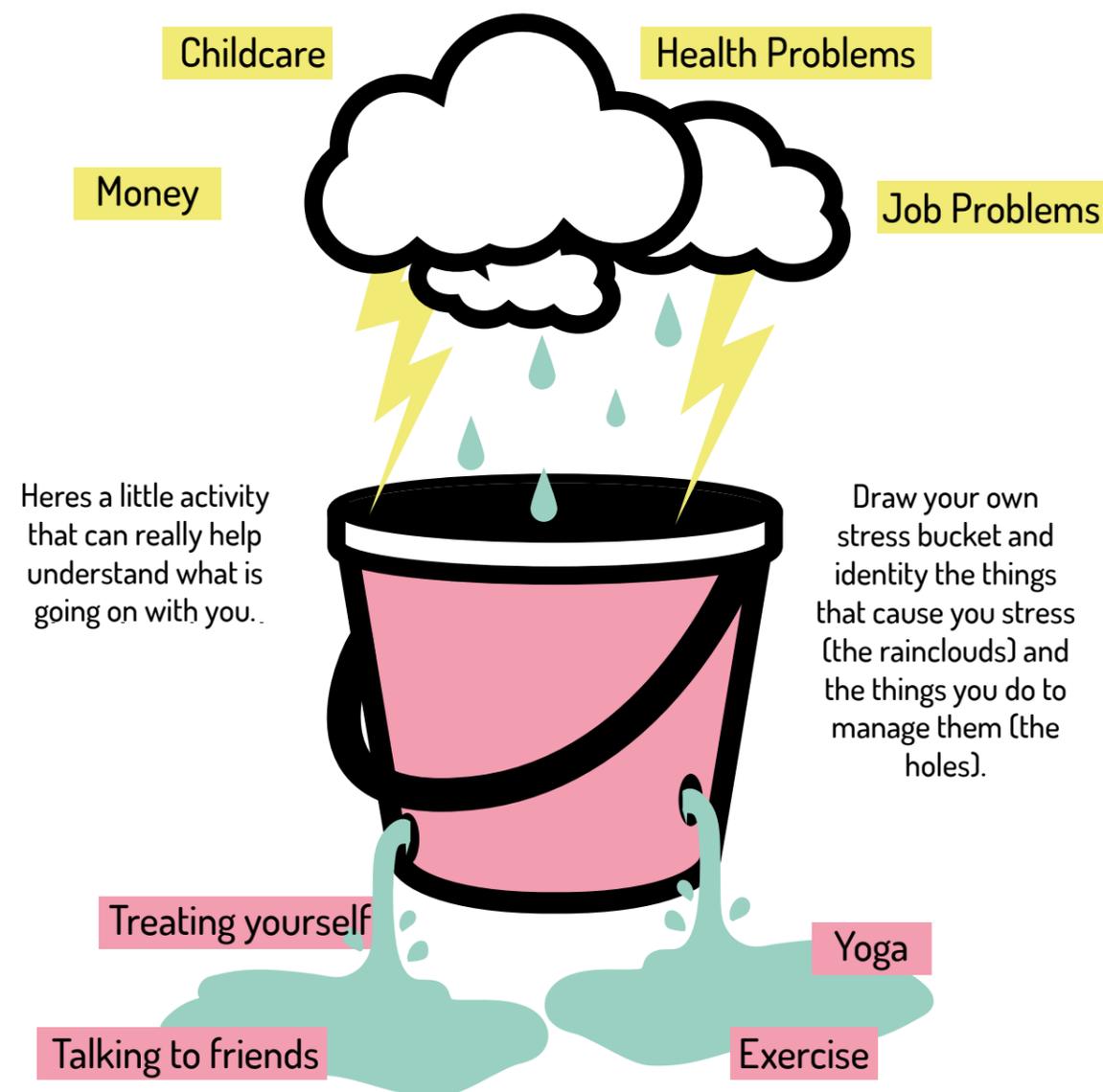
When thinking about our mental health, one of the best ways to understand why sometimes we can cope, and other times we cannot, is to use the analogy of the stress bucket. This bucket fills up with all the stresses of the day, and can be emptied by a good night's sleep, or by engaging with things which make us feel happy and relaxed. If the bucket starts to fill or overflow, we can start to feel anxious and overwhelmed. We all have stress in our everyday lives and a little bit of stress is helpful to make us work productively. But if our stress bucket becomes FULL it can also overwhelm us and impact our mental health.

Everyday stressors including work, money and family flow into that stress bucket like rain. But we also have ways of coping that allow this stress to flow out, like holes in the bucket. But right now:

17

BEATING OUR WORRIES AND ANXIETY

Our stress bucket might be getting a little bit too full -after all it is a constant down pour of rain at the moment due to COVID-19.



18

LOOKING AFTER YOUR WELLBEING

STAY CONNECTED EVEN WHEN PHYSICALLY ISOLATING

We are now 7 weeks into lockdown meaning weeks of social distancing. But social distancing comes with its own risks. Humans are social animals. We are hardwired for connection. Therefore isolation and loneliness can exacerbate anxiety and depression, and even impact our physical health. This is why it is so important to stay connected as much as possible and to reach out for support when needed.

Let us make it a PRIORITY to stay in touch with friends and family- even if you cant be bothered. If you tend to withdraw when low or anxious, plan in regular phone dates to counteract that tendency. You kind of have to be your own parent, kicking your ass to do the things that you know will be better for you in the long run.

Get on the video calls, face-to-face contact is like a 'happy pill' for your mental health, reducing your risk of low mood and helping to ease stress and anxiety.

19

LOOKING AFTER YOUR WELLBEING

Use social media to your ADVANTAGE - not only for connecting with family, friends, colleagues but for a greater sense of connection to our communities and our industry; as it reminds all of us that we are not alone. But, as always, be mindful of how social media is making you feel. Don't hesitate to unfollow and/or mute people or pages that are exacerbating your anxiety.

On the other hand, consider a social media cut off to when you feel ready if it's getting too much. Deleting the app will keep you off but keep your phone on to talk to the ones you love. You can always re download.

When you connect, make sure you actually CONNECT! Don't let coronavirus take over every conversation! More than ever it is so important to take breaks from stressful thoughts about what is going on and to simply enjoy each other's company- to laugh, play games, and focus on other things going on in our lives.

20

WARNING!

Emotions are contagious, so be wise about who you turn to for support. We are all going to need advice, reassurance, or even a sympathetic ear during this difficult time. But be careful who you choose as a sounding board. The virus is not the only thing that is contagious, so are emotions! Avoid talking about the virus with people who tend to be negative or who reinforce and ramp up your fears. Turn to the people in your life who are thoughtful, level-headed, and good listeners.

If you don't have someone you trust to turn to, there are many good support lines available 24/7 such as calling the Samaritans free on 116 123.

TAKE CARE OF YOUR MIND AND BODY

We are in an extraordinarily trying time, and all the tried-and-tested stress management strategies apply, such as eating healthy meals, getting plenty of sleep, and meditating. Beyond that, here are some tips for practicing self-care in the face of the unique disruptions caused by the coronavirus.

Give your self a break and be kind to yourself- you and a billion others feel exactly the same.

21

WARNING!

Maintain a routine as best you can. Even at home, try to stick to your regular sleep, meal, or work schedule. This can help you maintain a sense of normalcy.

Take time out for activities you enjoy. Read a good book, watch a boxset/comedy, make something—whether it's a new recipe, a craft, or a piece of art. It doesn't matter what you do, as long as it takes you out of your worries.

Get out in nature, if possible. Sunshine and fresh air will do you good. Even a short walk can make you feel better.

Find ways to exercise. Staying active will help you release anxiety, relieve stress, and manage your mood. Even at home there are lots of options of online classes you can take part in. Avoid self-medicating. Be careful that you're not using alcohol or other substances to deal with anxiety or depression. This will only exacerbate the problem.

Take up a relaxation practice. When stressors throw your nervous system out of balance, relaxation techniques such as deep breathing, meditation, and yoga can bring you back into a state of equilibrium. Regular practice delivers the greatest benefits, so see if you can set aside even a little time every day. The use of apps such as Headspace are an excellent way to help keep you motivated to engage in daily practice.

22

WARNING!

ACHIEVEMENT, CONNECTION AND PLEASURE

A good tip for looking after our wellbeing is by finding a balance, this might look different now, as many of the things we might have usually done pre lockdown for our wellbeing have now become difficult. But whether you are on furlough, working from home, or currently unemployed it can be really helpful to organise a daily routine that involves a balance between activities that:

give you a sense of achievement help you feel close and connected with others and give you pleasure.

But these are the things that make us content as humans.....

23

ACHIEVEMENT/ CLOSENESS/CONNECTION

An imbalance of pleasure, achievement and closeness can affect our mood. It's a good idea at the end of the day to do a check in with yourself and reflect on 'what I did today that gave me a sense of achievement? Pleasure? Closeness with others? Did I get a good balance, or what can I do differently tomorrow?

Get coloured paper and stick them on your wall. Colour them in. Draw patterns. Many of us are creatives, so activities like this need to be solidified in our minds with colour and shapes.

TRY A SIMPLE BREATHING TECHNIQUE

Find a quiet environment and sit comfortably with your eyes closed...

Breathe in through your nose for 4 seconds



Hold this breath in for 2 seconds



Focus on your chest expanding as you breathe in



Focus on your body softening as your breath leaves your body



Breathe out through your mouth for 6 seconds

Repeat this routine as and when you feel anxious.

Try to get into the habit of practicing five minutes of breathing daily, perhaps in the morning as you get ready for the day.

24

HELP OTHERS

At times like this, it's easy to get caught up in our own fears and concerns. But amid all the stories of people fighting over rolls of toilet paper or lining up outside supermarkets to fill their trolleys with food, it is important to take a breath and remember that we're all in this together. As a quote circulating in Italy reminds us: "We're standing far apart now so we can embrace each other later."

It's no coincidence that those who focus on others in need and support their communities, especially during times of crises, tend to be happier and healthier than those who act selfishly. Helping others not only makes a difference to your community—and even to the wider world at this time—it can also support your own mental health and well-being. If you can reach out to others in need. Many local social media groups can help put you in touch with vulnerable people in your area.

Be kind to others.

25

PLANNING YOUR RETURN TO WORK.

Firstly it is ok to feel anxious, fearful and frightened about returning to work and leaving the safety of your home. These feelings are VALID. However, on the other hand it is also ok to feel excited, happy and hopeful for the day you return to work. Although we have all gone through the same challenging situation we each have experienced lockdown in our own unique way and therefore we will all hold very different emotions, opinions, and thoughts about returning to work. Remember by being gentle towards our colleagues, friends and families shows compassion and empathy about their experience of lockdown.

This next section is specifically for those of you who are worrying about returning to work. Below are some steps you can take to make the transition a little easier.

Speak with your boss/manager

It can be helpful to think about the source of your worries. For example, if you are worried about; your safety, childcare or even how you are going to get to work it might be worth requesting a call/face time meeting to discuss these issues to find solutions or to raise your concerns.

26

PLANNING YOUR RETURN TO WORK.

Your boss is not able to read your mind! Unless you talk to them and tell them how you feel you can't expect them to know what you want. Most people who are unhappy at work do not ever tell their bosses the real reasons! Often stylists tell me its because they do not see their bosses as 'approachable'; this is your life, your career and only you can get the help IF you actively ask for it. Be brave, honestly its the only way and start taking responsibility for your happiness.

PREPARE

Your preparation now is key to reducing those worries about returning to work creeping in. As most of us feel stressed about returning to work after a holiday, this is going to be no different, if anything it most likely might be harder. What we can do is take the steps now to get ourselves 'work ready'. Think about what that looks like for you (we are all different) but some ideas might be:

Get creative with hair again (doing this course today was a great start!)

Are there any other courses you might like to do or have been meaning to do? (There is loads of online training available with most of the big colour brands.)

Most importantly start working on your mental health now. Now is the time to experiment on what works for you.

27

WHAT SHOULD I DO ABOUT MY WORRY ABOUT GOING BACK TO WORK?

PRACTICE MANAGING YOUR WORRIES

We have two types of worries. Practical worries and hypothetical ones. Practical worries, are worries that we can do something about, right there and then. For example, we may worry about having enough money in our account to cover a bill going out this week. We go and transfer some money in from another account to cover it or arrange an overdraft. This stops the worry and deals with the problem, leading us to feel better. These worries go when you have taken the action to solve the problem.

Hypothetical worries tend to be about situations in the future that are currently uncertain, unpredictable or out of our control; things that we cannot do anything to change at that moment. For example, 'What if I get the virus'. We tend to have a lot more hypothetical worries when facing an uncertain situation like we are now.

Hypothetical worries, still tend to be about practical situations in our lives, like our work, finances, education, employment or our health. Unlike practical worries, there isn't a helpful action we can take at that time, or there isn't a way for knowing for certain if we will, or won't get a certain outcome in the future.

**“WE SPEND
MOST OF OUR
LIFE WORRYING
ABOUT THINGS
THAT NEVER
HAPPENED.”**

29

WORRY TIME

A technique that can help with managing hypothetical worry is to have a worry time period once a day. In your worry time, you allow yourself to worry as much as you want to. It needs to be a time you can really focus on your worries and have clear of any other tasks or distractions. You can decide how much time you think you will need and always adjust it up or down after a few days. Usually people set aside between 30 minutes to 1 hour at first. Outside of your planned worry time, you write down any worries that come into your mind. Then, refocus your attention onto the present using a practical task or activity. The same worry may come back lots of times, that is okay and to be expected. Just write it down again and refocus.

30

WORRY TIME

The APPLE technique can also help you to refocus away from a worry once you have written it down. Then, at your planned worry time, take out your list and allow yourself to worry as much as you want about the things written down. At the end of your worry time, throw away your list and start a fresh one each day. If worries stop you sleeping, keeping a pen and your list at the side of the bed can be helpful. Write them down and then refocus on the task of sleeping. Postponing your worry allows you to take control of worry, rather than your worry controlling you. People find over time that they have fewer worries and feel more in control of their worrying. They can enjoy their day, focus on the present moment and be able to concentrate better



Use APPLE for managing stress and uncertainty

Another helpful technique you can use for managing stress and anxiety when it feels intolerable in the moment is to use APPLE. This helps us when we want certainty in a situation that we cannot gain certainty in right now, control or fully predict. It helps us to refocus our attention and get outside of our own internal world of anxious thoughts and feelings.

31

WORRY TIME

Acknowledge and notice that what is in your mind right now is uncertain and unpredictable, but that you are taking all the recommended advice and actions to stay safe

Pause for a few moments and don't react to the thought or feeling in any way, just let it be.

Pull back from the thoughts or feelings you are having. Tell yourself that these are just a result of your mind trying to gain control and find certainty in a situation that we cannot control right now. Thoughts are not facts. Be compassionate to yourself for how you feel.

Let your mind and body do its thing. You can pull back from it.

Let it go, just like Elsa in 'Frozen'. The thought or feeling is not harmful, although it may feel unpleasant right now. You can pause, allow the thoughts and feelings to just be and then choose to let them go by refocusing your attention onto a task in the present.

Explore what is going on around you right now. Refocus your attention out of your own internal world and what is happening inside your own body, to what is happening outside of you. Notice things with your senses. What can you hear? What can you see? What can you touch and feel that is physically present around you? What can you smell. What task can you do to take your full attention back into the present moment?

The same worries or feelings may come back, that is ok. Notice when you are going inside yourself to your worries and feelings of anxiety and repeat the APPLE process as many times as you need.

32

IDEAS TO HELP YOUR WELLBEING

TRY MINDFULNESS

For some people, back to work anxiety is all about thinking ahead and worrying about what may - or may not - happen. Mindfulness, being aware of your surroundings, can help you stay in the moment and improve your mental well-being. What we know about mindfulness and any techniques to overcome anxiety is that they are a lot easier to practice and learn when we are not in a state of heighten anxiety. Therefore, don't wait until you return to work to feel anxious and then expect a breathing techniques to be a quick fix, it rarely will and those of you that have experienced anxiety before will already know this. Instead, by learning and practicing the art of mindfulness we can use this in times of increased stress, anxiety and so forth. One simple breathing techniques is done by breathing in through your nose and out through your mouth, with the focus being on your chest rising and falling for around three minutes. The key is to ensure that your 'out breath' is longer than your 'in breath'.

MINDFUL WALKING

Long walks with classical music, with no going on your phone. Staring at trees and practicing being engaged in the environment and not just you thoughts. This is called mindful walking- have a google.

33

IDEAS TO HELP YOUR WELLBEING

IF YOU'VE LOST YOUR ROUTINE - FIND IT!

Keeping to a routine, as much as possible, is important. Your sleep-wake cycle might have been disrupted. Our body clock and overall wellbeing rely on our daily routines as markers for our day and for our bodies to sleep well. Our body clock has three ways it does this though a regular sleep pattern, regular eating patterns, and our daily activities. It likes these to be regular and structured. This helps our bodies to function properly and to synchronise to the 24 hour sleep/wake pattern in our day. The current lockdown has changed so many aspects of our daily lives in such a short space of time; impacting mood, wellbeing and sleep. But keeping to a routine, as much as possible, is important.

Don't worry if you have got out of sync just try to get back into your normal routine. As there will be nothing worse than returning to work with an out of sync body clock!

EXERCISE

We know exercise is good for our mental health, as physical activity releases feel-good hormones that make you feel better in yourself and give you more energy. Although going back to work might be exhausting, making time for a yoga video, a short gym class or even just a walk can help us cope with feelings of anxiety- even when you don't feel like it.

34

IDEAS TO HELP YOUR WELLBEING

MEDITATION

Using the headspace or calm app to learn to meditate. Remembering that leaning to meditate is a bit like going for a run if you never ran. It kind of sucks for a bit, because you're new to it. It's not because you some how have a brain that ticks faster than anyone else. Respectfully, your're not that unique.

You have to push part that and just keep doing it. You cant get your body fit without doing things that are hard/challenging/repetitive. Meditation is the same. This biggest mistake is beating your self up about it. Just remember that the aim of the game is not to stop thinking- this miss conception is why most people stop.

GET A THERAPIST

Most therapist are operating on the phone or by zoom right now. It's not the 1950's. There is no stigma about this stuff any more.

Personally, I think everyone should have a therapist for parts of their life. I also suggest not waiting till you are on your knees to give them a call. Wouldn't you rather your client come to you when they had just out that fist box dye on, not when they had put the 7 other box dyes on to correct it. The sooner the better- theory works best now... not later.

35

IDEAS TO HELP YOUR WELLBEING

If you struggle with anxiety or low mood frequently, speak with your doctor about accessing professional help without charge in the UK. They will be able to direct you towards the right treatment, whether it is talking therapies or medication. Something like cognitive behavioural therapy can be excellent for working out solutions and learning some skills to keep on top of your mental health. Speaking with family and friends can help too, or you could try reaching out to Anxiety UK, Mind or the Samaritans.

Truth is, the waiting lists right now are the longest they have been in a long time in the NHS for mental health. Self-help is a great place to start and we hope this information provided has been a step in the right direction.

If you have the cash, it's worth going private to speed it up. Even if you are struggling for cash have a think about where you can make cut backs to squeeze it in. Nothing is worth it more than you mental health. There is no better investment.

Good luck to everyone, you are all doing amazing considering all the new challenges. Let's find the things that are in our control and take charge of them and those things that are not, let learn to let them go.

Love Sophia and Fiona x x