

# Tips for coping with a COVID-19 lockdown



Hello lovely ones, sadly another lockdown has begun. We are being asked to dig so deep when already things have felt really hard. Many of us hoped to come up for air but no..... we have to keep going. This experience has been so difficult for all mums. Pregnant mums, new mums, mums with young children, older children....all of us. It's so much for our minds and bodies to cope with. Some really important things to remember centre on you getting what you need and not being afraid to ask for it. All of these are in the service of keeping your pain levels down.

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- 1) TAKE TIME OUT every day for time alone to breathe and be still. Have a cup of tea on the couch or a bath, or a walk, if you can. Whatever works for you.
  - 2) PACE YOURSELF - don't get caught in the cycle of thinking you need to get through a to-do list of tasks each day that will leave you feeling exhausted and in pain. This ongoing situation with COVID means you are starting from a baseline of already being tired and overwhelmed because you have been swimming against this tide for so long. Go VERY EASY ON YOURSELVES.
  - 3) GENTLE MOVEMENT - keep it gentle and maybe listen to music while you do it if that feels good. Don't do anything that aggravates pain during intentional movement. Movement releases feel-good hormones. Better if you can DO IT IN NATURE as that is also very healing for us humans.
  - 4) COMMUNICATE WHAT YOU NEED to those that support you. If you feel you need more help then say so. Whether it be with practical tasks, with physical treatment, with emotional care or with needing time out for self-care. You have a right to this support. If you are struggling, do not feel ashamed to say "I can't carry on like this, something needs to change because things aren't working for me right now".
  - 5) BREATHE. What your nervous system needs right now is to know that YOU ARE SAFE. The best way for this to happen is to activate your parasympathetic nervous system through calm, relaxed breathing. Under the resources section of my website, you will find FREE recorded body scan and meditation exercises. Also, the Yoga Nidra Sound Bath meditation will help you tremendously. BUILD AND STRENGTHEN your neural pathways that signal "calm" in your system. This is very important for birthing and postnatally so practice this now! All these resources (and more) are available here.
  - 6) COMPASSION AND KINDNESS towards yourself. If your inner critic starts to hassle you, notice the thoughts and acknowledge them. Say, "I hear you but I am not my thoughts, and I choose to recognise that I am a human that is doing the best she can, I am enough, I am an amazing mama that deserves kindness and love".
  - 7) HEALING TOUCH from a professional if you need it or a partner. Maybe you can access a practitioner who can do manual therapy, or maybe gentle massage from a partner is an option. Do it. Ask! The power of touch is immense in healing. It is an energetic exchange that makes a big difference to your nervous system and in turn, your pain levels.
  - 8) NURTURE YOURSELF with good food, with staying comfortable and relaxed. Cosy up with a blanket (and a pet if you have one), cuddle a loved one, again this is amazing for our systems. Humans are primed to feel calm by human touch, it's in our biology. It works. Think about how it calms babies!! it's in our blueprint from before birth. Snuggle with a cup of tea and read or listen to an audiobook or watch something UPLIFTING on TV.
  - 9) STAY CONNECTED with friends and family - humans are social beings, our prime drive is to connect with others, we need it. Keep connected so you feel supported and loved.
  - 10) CLARIFY YOUR CONNECTION WITH YOUR HEALTHCARE PRACTITIONERS - how are they supporting women during lockdown? What do you need and what can you expect from them? Where are the gaps? How can you get help to cover your needs? If you feel overwhelmed and upset by this, who can you talk to? What are your options? You do not need to do this alone. [Join my Facebook group](#) - WE ARE HERE AS A COMMUNITY and you can ask questions, have a rant, share tips, whatever you need or think others will find helpful.
  - 11) RESTRICT YOUR ACCESS TO MEDIA REPORTS ABOUT COVID and only tune into sources that are credible. Watching endless gloomy fear-inducing reports is very unhelpful and will serve to stress you further and amplify pain. I am here for you, [contact me](#) directly if you wish.

I am offering support sessions to process difficult feelings or practical concerns. I have a lot of experience managing PGP in a crisis, [please do get in touch](#). Remember the other resources here on my website. Sending you all so much love and resilience and healing. We will get through this, as we did before. Remember how important you are, embrace your sense of self, your sense of agency, your power.

You are Queens and you are wonderful in every way that you show up, on tough days when it's messy and tearful or full of rage and on good days where you feel like you are shining brighter than the sun and walking on air and EVERYTHING IN BETWEEN.

Lucy xxx