

Tip sheet

Harnessing acceptance of COVID-19

Acceptance improves wellbeing

Recent research from King's College London (The Conversation, April 29, 2020) produced a picture of a community that had divided into three clear segments under the COVID lockdown. The accepting, the suffering and the resisting all had different outcomes to their wellbeing depending on their primary attitude.

Not surprisingly, the accepting emerged with greater wellbeing overall, indicating minimal anxiety and depression, better sleep and less alcohol and drug use than both the sufferers and the resisters!



You still have control

While external events can change the way we live, it's still in our power to focus on what we CAN control rather than pushing up against walls.

Changing outside events is impossible. At best, you may only be able to influence them, but usually only in a minor way. Feeling more positive already? That's one of the benefits of letting go and shifting your focus and energy away from things beyond your control, to things you CAN control or influence.

Accept more, stress less

Acceptance can increase positive feelings because it alters the shape and meaning of things that we find stressful and makes them more tolerable.

By playing the cards we have, not the ones we wish we had, we can be more open to the present moment. Today, many people frame this as being more mindful. Letting go of trying to control everything allows room for you to take a breath and experience the joy of the present moment, whether it's baking a cake, hugging your child, calling a lifelong friend or learning something new.

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