

The Psychological Support Service



Mental Health Notes

The PSS is keen to continue to connect in with DDLETB staff at this time. With this in mind, we have created 'mental health notes'. This is a weekly resource to help readers find a little calm and utilise a range of ideas and tools to improve quality of life. Please email queries and comments to: zuleikadalyjamieson@ddletb.ie

On cocooning and mental health

Over the past weeks we have heard of the terrible events that have occurred across our world. During this time we have been exposed to a constant barrage of words and imagery describing these, together with predictions for the future. Fear regarding this unknown future is palpable.

Add to this the social distancing or 'cocooning' we are currently required to do, and we may begin to feel overwhelmed by our apparent powerlessness and constriction.

At a time such as this, the question of how we might find balance and calm becomes paramount. While it requires effort and practice, learning to stretch our attention, to include a focus on our internal worlds, is one such route to that balance and maintenance of our mental health.

By our directing our attention to include the space inside of us, we are opening ourselves to a rich and rewarding territory. Unlike the external world, this is a space without boundaries, where we can reflect on an infinite store of memories and experience without opening our front doors. By stopping to recall and recapture precious memories we re-experience some of the joy and excitement from that time. All without the anxieties and stresses which may have accompanied the actual event.

The benefits do not end there. With reflection comes greater creativity and flexibility of thought. The rewards of this are improved capacity to solve problems and bring about change to key areas in our lives such as relationships and work.

So in social distancing from others, and spending more time with ourselves, maybe we can seize the opportunity to reflect on joyful times and consciously choose alternative and improved ways to live the rest of our lives.

