



## Niamh Fitzpatrick

- BA Psychology
- MA Clinical Psychology
- MSc. Sports Management (Sports Psychology)
- Member of Psychological Society of Ireland
- Accredited Sport Psychologist

# Minding Your Mental Health Reflections

- 1 What personal and professional challenges do you face in the midst of coronavirus?
- 2 How do these challenges impact your daily life on a practical level?
- 3 How do these challenges impact your emotional state?
- 4 How do you typically tend to respond to your emotions?
  - Do you turn towards them?
  - Or turn away from them?
  - Do you allow them?
  - Or judge them?
- 5 What could you do on a daily basis to maintain or improve your overall health and wellbeing?
- 6 What might you do to help yourself adapt to this changing world we currently live in?
- 7 What relationships in your life are most important to you?
- 8 What can you do to nurture those relationships in these challenging times?
- 9 How do you recognise or acknowledge your successes, from the small ones to the larger ones?