

When Forwards Feels Backwards

For some people, the easing of lock-down is met with excitement and relief about restarting activities that have stopped over the last months. However, for many others there is considerable fear and anxiety about the opportunities to be out of the home and back amid the community, particularly for those at risk or who have been shielding. Be reassured that there is no 'normal' response to lock-down easing, everyone will have a slightly different experience of this.

If you are worried about this transition, one way to think about making these changes is by comparing to driving a car; we all know there are some risks involved, we do everything we can to minimise these risk, and then we go for it, often nervously to begin with but becoming more comfortable, confident, and even second nature, over time.

So, like driving a car:

- Follow the rules and guidance- The Scottish Government's recommendations & 'FACTS' (Face coverings in enclosed spaces, **A**void crowded places, **C**lean your hands and surfaces, **T**wo-meters social distancing, **S**elf-isolate and book a test if you develop symptoms) are our Highway Code. Be reassured that these guidelines have been developed, based on science, by experts throughout the world
- Trust others – sharing public spaces, like sharing the road, we can only control our own actions and trust that others will be responsible and do their bit too.
- Don't put pressure on yourself – some people don't like driving in the city centre or avoid using motorways, be kind to yourself, take your time and remember it's OK if some steps are too far from your comfort zone right now.
- Limit your exposure to the news on the pandemic. Just imagine how hard it would be to keep driving if you read in depth about every road traffic accident that occurred.

If you are finding the anxiety rising you could try some relaxation techniques such as our **One Minute Meditation** or **Box Breathing** exercises you'll find on our Guides for Your Wellbeing section of our website.

Hopefully by bearing these thoughts in mind you can make steps towards going places, reconnecting with loved ones face to face and enjoying doing things that have not been possible in the last few months.

Please remember...

Cancer Support Scotland is here for your wellbeing. You can give us a call on 0800 652 4531 or drop to us an email to wellbeing@cancersupportscotland.org to access our free 121 counselling, support call service or stress management workshops wherever you are in Scotland.

Also, we have a whole range of online [self-help resources](#) which we hope can support you during this changing and difficult time.

If you haven't already please download the [Scottish Government App](#)

