

Wellbeing Quiz – Profile Overviews

Less interested

There are lots of reasons why lots of us might feel low on energy or rather withdrawn at the moment; this is a tiring, upsetting and unusual experience which is hard to avoid thinking about.

But you might not normally be someone who gets apathetic about things, or who withdraws, or feels a bit numb. You might be in this unfamiliar state of mind and finding it hard to get out.

It may be helpful to recognise your experience as a way of trying to adapt to the possible exposure to trauma, and to encourage yourself to take up offers of connection even when you don't think you feel like it.

If even this feels too much, then you might want to look at some of the resources that relate to anxiety.

Feeling hopeless

You might find that you just can't stop thinking about your feelings and moods; in particular feelings of helplessness and hopelessness.

Like all of the possible ways of feeling in the face of the current situation, this makes a lot of human sense! It's easy to get very filled up with all the talk of uncertainty about the future, so it makes sense to have some of these feelings some of the time.

Keep an eye on whether or not you feel that this is something that does and doesn't shift, and try and notice the times when it does. In one of those moments you might try looking at the Gratitude Journal, or in the less hopeful moments trying out some of the breathing or yoga exercises so that your body can help you out.

Reliving trauma

Like loss, trauma is really personal. We all experience it in a different way, depending on our experiences in the world, and how we manage things emotionally.

The Covid-19 crisis brings with it both loss and the potential for trauma, and it may well be that it touches you in ways that are highly personal, and stir up strong feelings in you that might feel very unfamiliar or that you thought you had left behind from earlier difficult experiences in your life.

You might be having nightmares, or experiencing intruding images or thoughts in your mind, making you revisit painful experiences. Accepting that this is possible, real, and understandable given the current situation might be difficult. However, acknowledging this could help to keep hold of what is solid and stable in your life as well as making space for these more unsettling feelings.

Pain, especially emotional pain, is always hard to manage, and you may need to get used to the idea that you might need to let someone else know that you are suffering, so that you don't have to manage on your own.

More frantic

You might be incredibly, untypically busy in a way that makes sense partly, given how demanding the current situation is. If you are working remotely, you may notice how much harder it is to maintain boundaries between work and home life.

If you drink alcohol, you might also find yourself drinking more than usual, or getting more stuck into online games. But if you find yourself feeling a little bit frantic in a way that's not usually you, rushing at things, filling up time in a way that stops you from being as focussed as you would normally be, or as available to others then your way of being might be a bit more related to your way of responding to a potentially traumatising situation.

Recognising when this isn't really you, and almost more importantly, if you feel it is getting in the way of things that really matter to you, may be the most helpful thing you can do. If you feel that it is getting the better of you then you might want to look at some of the material that helps with calming, breathing and relaxation.

More irritable

You may be finding yourself more irritable and grumpy than usual, and less able to take things in your stride.

This may make total sense in terms of the countless disruptions that many of us are experiencing in our lives, but it is also worth being aware that this is 'not just you'! It is also a familiar aspect of how many of us respond when we are exposed to a potentially traumatising situation.

Knowing that might be enough to help you to let it happen and know it will pass – but if you find that you are feeling stuck in a state where you can't get out of an untypically angry place, then you may want to look at some of the material on recognising and managing anxiety related to trauma.

Doing okay

You have found the Covid-19 experience has given you energy and purpose, and some of the changes that it has brought about have worked for you, or have prompted you to make decisions and adjustments to your life that may have been needed.

You aren't yourself feeling a lot of emotional distress, and can at times feel as if you ought to be because others are. Hold onto the value of 'doing okay' in terms of maintaining your own wellbeing, and also what you can offer to colleagues and those you are close to.

It may also be helpful to you to have a look at some of the resources if you think that you recognise difficulties others may be having, so that you can be a supportive presence for those who are not doing okay.