

**EARLIER THIS YEAR** we launched part one of our Stay Sane Campaign, in the form of Walking Talking Therapy. As lockdown stopped us all from going to our normal places of work, we had to try to think of new ways to do our job and continue into the ‘new normal’.

With further announcements and localised lockdowns, it seems reasonable to expect that this pandemic situation will go on for some time to come. The sudden shock of lockdown and the realisation that we are going to have to survive through a pandemic has not abated, and people are finding it more and more difficult to comprehend what this means for our future. We are confused, helpless, scared, furious and worried about how our lives are changing and will change in the future.

John Maxwell said: “Change is inevitable, growth is optional.”

So how do we continue to grow and improve ourselves while changes are constant and unpredictable?

Amid the pain and hardship of this pandemic, there have been amazing insights and changes of lifestyle:

People have realised the impact of ridiculously long hours at work and, after a forced change of pace, have settled into a much healthier work/life balance.

Families have bonded, having spent time together in lockdown getting to know each other again.

People have stopped the mad commute into work with the realisation that it is possible to work from home, therefore reducing the number of commuters in our cities.

Some people who had never exercised have changed their routine to include daily walks and this has continued even after lockdown.

People have connected online with each other and rediscovered the pleasure of old hobbies and found some exciting new ones.

Communities reconnected in the streets while clapping for our NHS.

Nature had a chance worldwide to regenerate as less traffic and people polluted the planet, and the natural growth of animals, flora and fauna blossomed.

As a business we have discovered that walking and talking out in nature has huge benefits for our clients and adds a completely different dimension and benefit to therapy. Would we have tried this or done any of the things above had the pandemic not happened?

We have a choice in what we put into

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## ADAPTING TO CHANGE

Let’s Talk’s west Norfolk-based psychotherapist and counsellor **Amanda Jayne** tells how her Stay Sane Campaign is developing in its aim to help people cope in the pandemic and beyond.



Picture: Fokstert / Stock / Getty Images Plus

ourselves. We can sit glued to the news and statistics and be subject to media scaremongering. Or we can switch ourselves off from that as much as possible and find new and interesting ways to live our new normal. If you look for the positive you will always find something.

Wayne Dyer said: “Change the way you look at things, and the things you look at change.”

Times are scary and it is difficult sometimes to cope with the overwhelming changes that are taking place on a daily and weekly basis.

We have launched part two of the Stay Sane Campaign on Facebook and Instagram. We will be delivering weekly videos giving free advice and information on how to stay sane and manage your mental health during this pandemic and beyond. We will be discussing all aspects of anxiety, depression, stress, panic attacks, addiction, relationships, communication skills and much more. Our aim is to help you feel calmer, stronger, more able to cope under pressure, and most importantly to reassure you that most of what you are experiencing is normal, and you are not alone! ■

■ You can follow us on Instagram and Facebook, and look out for our videos coming soon:

<https://www.instagram.com/thestayanecampaign/>

■ Facebook: The Stay Sane Campaign @ thestayanecampaign



Ask Amanda Jayne

I would love to hear from you and will reply to letters which, if we print them, will remain anonymous. For information on Walking Talking Therapy, email me at [harleysttherapy@gmail.com](mailto:harleysttherapy@gmail.com) or ring me on 07760 669246. [harleystpsychotherapy.com](http://harleystpsychotherapy.com)