



ONEMS  
MINUTE SILENCE



# **MENTAL WELL BEING IN LOCKDOWN**

**29<sup>TH</sup> MAY 2020**

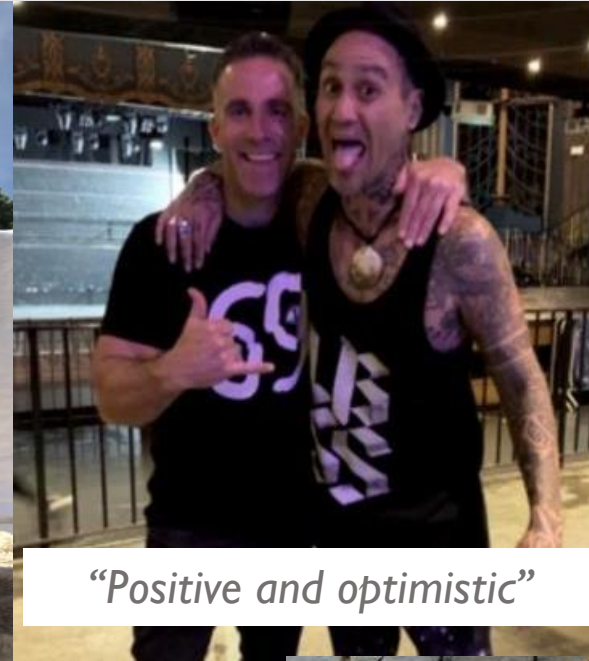
## IMAGERY HINTS AT A MORE POSITIVE MINDSET (LESS FEARFUL VS. START OF LOCKDOWN)



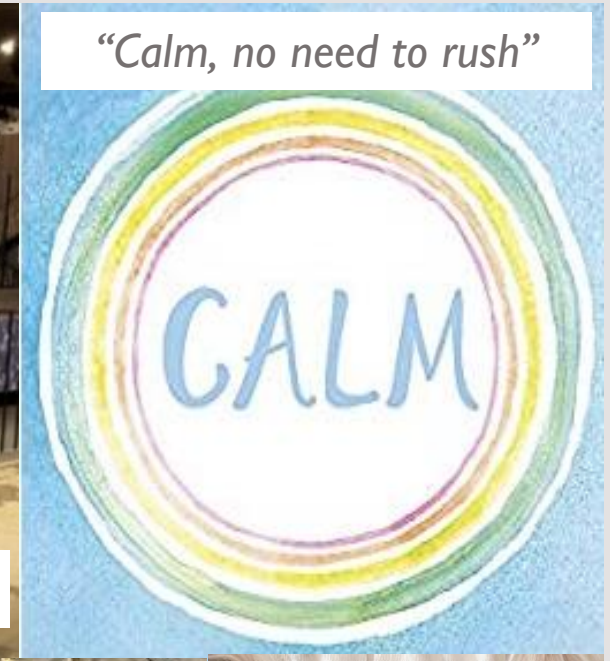
*"Half term – no stress of home schooling"*



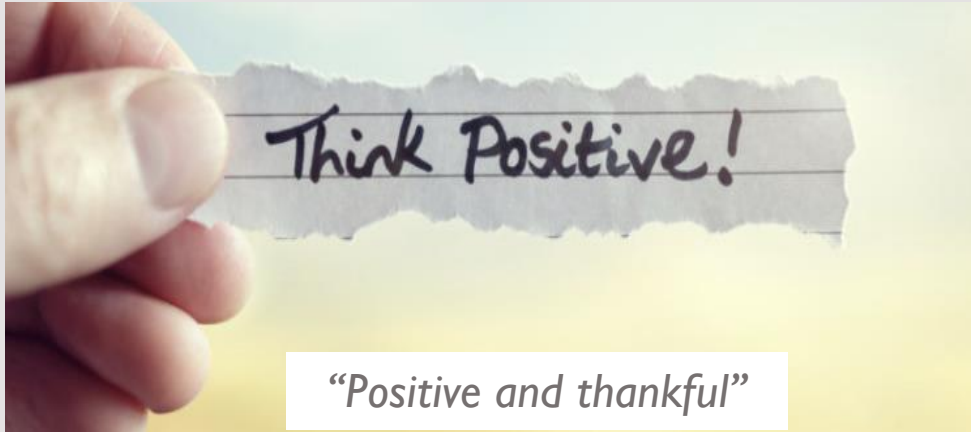
*"Overjoyed – the sun's out!"*



*"Positive and optimistic"*



*"Calm, no need to rush"*



*"Positive and thankful"*



*"Calmer & brighter"*



*"Contemplative"*



*"Safe & happy"*

\*Post an image that captures your current mindset

## BEING ALLOWED TO CONNECT WITH ANOTHER PERSON HAS HAD A BUOYING EFFECT



*It's better than a few weeks ago. It's good to be able to actually see people in real life again – this seemed a long way off a few weeks ago*

Adrian, young family



RE-CONNECTION HAS PROVIDED A SMALL TASTE OF 'NORMALITY', THE IMPACT OF WHICH, IS PALPABLE



## VARIETY OF PERSONAL STRATEGIES CONTRIBUTE TO WELL BEING (BEYOND EXERCISE)



COOKING &  
BAKING



VIRTUAL QUIZZES



THE GREAT  
OUTDOORS

**BROADENING ONE'S HORIZONS ON HOW MENTAL WELL BEING CAN BE ACHIEVED**

## SUPPLEMENTS & DIY PAMPERING ALL PLAY A ROLE



*"Making sure my body has vitamins and supplements which support my immune system and general health"*

*Jared, pre family*



*"I'm taking a bit of time to pamper myself too"*

*Rhiannon, pre family*



*"Today we made home made facial scrubs!! I ordered essential oils and we used sugar and coconut oil"*

*Angela, older family*

## ENJOYING THE LUXURY OF 'ME TIME'

This period of forced self reflection has led to an openness about feelings & vulnerabilities

More sharing  
No posturing  
Greater self awareness  
More patience

*Looking after my mental health by reading appropriate literature and talking about feelings*

*I don't know what I did before (lockdown) to find the space to clear my head but now I realise how important it is to have that head space*

*I have more time to reflect on the things that are really important to me and the things that bring me happiness*

## WHAT THIS GOT US THINKING ABOUT.....

WILL WE ....?

Become kinder to one another?  
or more selfish?

Use time differently/more  
constructively?

Continue our strategies for well being?

Be more DIY, less DIFM?

Value our friendships and relationships  
more?



LockDown

OR

Will our new habits & good intentions  
be temporary?

And we revert to type?





We can facilitate thoughtful, agile research to help businesses navigate through uncertain times.

For more of our approaches, and our Lockdown outputs [www.one-ms.com](http://www.one-ms.com)



Annual Conference 2016  
Finalist Finalist  
Best Overall Contribution



AQR PROSPER RILEY-SMITH  
QUALITATIVE EXCELLENCE AWARD 2015

FINALIST





ADRIAN, 39

A pensions advisor, living with his wife and 2 children



MAGGIE, 57

After taking early retirement, she volunteers and keeps bees (along with various 'crafty' hobbies)



RHIANNON, 32

A self-employed jewellery designer, living alone in Birmingham



RACHEL, 39

Living alone, and working as a PA for a managing director



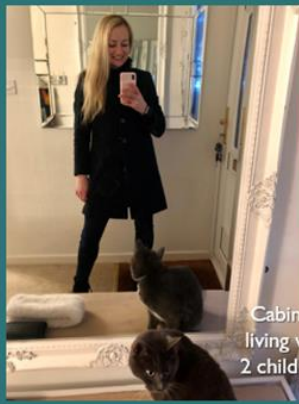
MATT, 40

A Projects Director in an engineering consultancy, with 2 small children, living in Birmingham



ANDY, 61

Retired (but 'just as busy, if not busier than before!') and living with his partner in Bristol



ANGELA, 39

Cabin crew for Virgin, living with her partner, 2 children and their cat



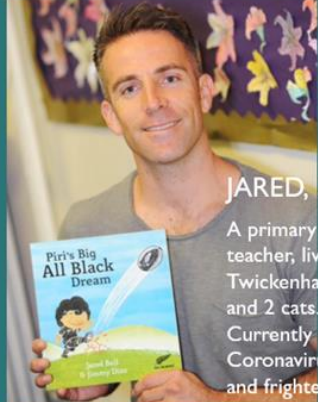
KAREN, 52

Works in the pastoral team in a school and has two children



JAMES, 37

A sales manager, used to travelling across the country, living with his partner and their young son



JARED, 37

A primary school PE teacher, living in Twickenham with his wife and 2 cats. Currently recovering from Coronavirus – a "gruelling and frightening experience"



STELLA, 33

A part-time finance manager, part-time housewife living with her husband, a toddler and a new-born in London



GREG, 54

A salesman, supplying and installing graphics and branding for Chelsea Flower Show. Lives alone in London

## LIFE IN LOCKDOWN

An 8 week ongoing project with a small panel based across the UK

A mix of ages, lifestages and working status (including furlough)