

COPING THROUGH COVID

You cannot always Choose your Circumstances - but You CAN Choose your Thoughts



Support to Help Your Mindset

Everyone is experiencing times of uncertainty and it is more important than ever to manage your mind to support your well being.

Sometimes, especially during ‘a global pandemic’, social distancing and massive uncertainty it can feel like we have no control - emotions such as fear, anxiety, worry, stress can be amplified and we can get lost in these thoughts - especially when alone.

Whilst I would like to be mindful of language and not express this as negative - it certainly doesn't help you. These feelings are **absolutely**

1

BREATHE

Breathe.
Calm your mind with long deep breaths

2

FOCUS

Become aware of your little voice and choose what you focus on

3

EMOTIONAL MEANING

Ask yourself how else you can view the situation & what other meanings there could be



PRACTICE GRATITUDE

Write ten things each day that you can be grateful for and why



YOU ARE A WARRIOR

Remember You have a 100% track record of making it through the tough days and moments. STAY STRONG



natural and you should allow them to pass through however utilising the tips below you can maintain a mindset that supports you.

3 Powerful Ways To stay Calm and Choose your State of Mind.

1) BREATHE

Obviously you do this everyday - but choose long deep breaths. Count as you do this 4 seconds in, hold for 4 and out. Repeat. Notice how this instantly starts to calm your mind.

One of the most powerful reasons for this exercise is it shifts your focus.

AS POWERFUL as our mind is it cannot process both a 'positive' or empowering thought at the same time as a 'negative' - or disempowering thought!

2) CHANNEL YOUR FOCUS

So using breathe to calm our mind - now we can calmly choose where to put our focus, choose what we are giving attention too, what we think. Some great anchors are - gratitude, expressing what you are grateful for and why, Music, putting on your favourite tune and dancing, (Changing your physiology, moving, exercise of course also support improving your state of mind) immersing yourself in a funny you tube video or thinking of memories that make you laugh, stepping completely into the present moment and the 'now' SEE BOX BELOW FOR ADDITIONAL TIPS.

3) WHAT MEANING ARE YOU APPLYING?

Lastly - and best used after the first 2 tips - ask yourself "is this the only meaning here?"

Humans are "meaning making machines" and we only have to see, hear, experience a moment to create a meaning in our heads.

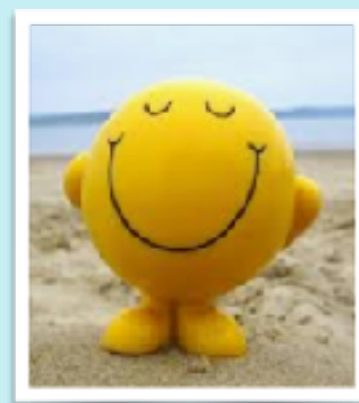
Think about that time you were in a traffic queue waiting at the lights and a "white van" - no stereotypes - cuts you up and nearly hits the side of your car.

How do you 'react' - Many of us feel anger, frustration and express a few profanities. We may even burst through the door at home expressing "You wont believe what happened" and continue to express OUR PERSPECTIVE of the experience. WHAT IF - some how you found out that actually the driver had received a phone call saying his wife was having a heart attack, and their 6 month baby was at home too. Now we would



TEN TIPS TO SUPPORT YOUR MENTAL HEALTH DURING LOCKDOWN

- 1) Develop a Daily Routine that helps give you structure and stay Productive
- 2) Meditate (when you are already calm) & Exercise Daily
- 3) Stay connected with friends & family using technology and creative ideas
- 4) Complete that "project/idea" that you 'didn't have time for'
- 5) Look for an income source that you are in charge of
- 6) Learn a new skill
- 7) Give yourself a break, have a bath, Netflix, pizza - whatever your 'thing' is
- 8) De Clutter - Tidy space - Tidy mind. Give your house a level up.
- 9) Make Magical memories with kids/partners families or friends on screen
- 10) Spend time in nature and doing things you love



probably reverse back and let them, through.

Whats my point - we applied our own meaning to the first and even with the two mentioned their could be a huge variety of reasons why it happened yet based on our initial thought we react and allow that to take charge of how we feel.

This is an important quote to remember - We cannot always choose what happens to us, but we can choose our response. Choose to respond not react.

Dr Victor Frankl expresses this well in a mans search for meaning - A great book to read and grow with.

When you start to feel yourself having stress, worry, panic or anxiety - ask yourself - “is this the only meaning here” “How can I look at this differently” “What solutions can I bring to the table” You force your brain to look from an empowered perspective that helps you stay calm and if maintained over time content on a day to day basis.

Take time daily to “train your mind” and help programme yourself to think in a way that serves and helps you - especially during this period!

Listen/Watch/Read something that inspires, educates or motivates you every day and remember to give yourself a break! You are human. Remember that we ALL have can and will experience a wide range of emotions - the best we can work for is our awareness in emotion and being able to return to a baseline of inner strength, peace and fulfilment!

WHAT WE MUST ALWAYS REMEMBER ABOUT OUR MINDS!

If you want a “strong, sexy, healthy” body and to feel “fit foxy and fabulous” ;) you do not eat one healthy meal, go to the gym once and BAM you are set for life!

Especially when we remember that your brains most natural and important function is protection and keeping you safe - we must take time to train ourselves to see the difference between real danger and ‘Fear’ False Evidence Appearing Real.

In moments where fear shows up - remember that inside the body - fear and excitement process in the same way chemically - it is only your mind that adds the meaning and therefore the feeling.

Decide wether you want to ‘Forget Everything and Run’ or Face Everything and Rise’

Be consistent in developing a growth mindset and LETS RISE TOGETHER

**YOU CAN ALSO FIND DAILY SUPPORT WITH AN IN OUR PRIVATE FACEBOOK -
EMPOWERED WARRIORS TRIBE
WE WARMLY INVITE YOU TO JOIN US**

