



Wellness Tips for Being at Home

HOW TO REMAIN CALM AND CONNECTED, SUPPORT YOUR MIND & BODY, BOOST YOUR WELLNESS AND STAY WELL WHILST WORKING/BEING AT HOME.

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Maintain a Sense of Control

Practice Acceptance

It is essential we have the skills to navigate challenges. The first thing we can do to support us in our confidence and our ability to cope is to accept the current circumstance. Non acceptance can lead to suffering and struggle. Once you choose to practice acceptance you feel a greater sense of control.

We can set our emotional focus by accessing our habits and by living as positively, as healthy, emotionally, spiritually and physically as we can.

REMEMBER - stay present – focus on now – this will not last.

Work Life Balance – for Working from Home

MAINTAIN A ROUTINE - WHETHER YOU ARE WORKING OR NOT - APPROACH YOUR DAY WITH A ROUTINE – THIS GIVES PURPOSE AND STRUCTURE TO YOUR DAY, WHILST MAINTAINING AND SUPPORTING MENTAL STABILITY

1. YOU – prioritise one thing just for you everyday that keeps you feeling well (healthy food, walk, read, music, pamper....)
2. Plan your daily working hours and stick to them
3. Communicate your work hours to your loved ones and colleagues
4. Set the scene – your work space, clothing, mindset
5. Eat healthy meals at your usual time to support your routine.
6. Pack away at the end of each day
7. Praise yourself!

Building a Habit – Start small, repeat daily and feel a sense of achievement

SET YOUR DAY UP FOR SUCCESS - START THE MORNING WINNING...TAKE CONTROL OF YOUR DAY...

- ▶ HYDRATE – keeps energy, body, mind, emotions and productivity in check
- ▶ EAT WELL – have a nourishing nutrient dense protein start to the day
- ▶ BREATHE – supports overall wellbeing, stability and calm (see link)
- ▶ EMPOWER YOURSELF – plan what you want to achieve from the day, write it down and act

FIVE WAYS TO WELLBEING AT HOME

Adapted from the evidenced based 5 Ways to wellbeing – incorporating these 5 elements into your daily living are proven to improve your physical, mental and emotional wellbeing and happiness. Choose a tip or create one that suits you....

1. **CONNECT**
2. **MOVE**
3. **SLEEP**
4. **CREATE CALM**
5. **LEARN**

CONNECT

BOOST YOUR EMOTIONAL HEALTH

- ▶ Take this opportunity to re-connect to yourself – how do you look after you and ask yourself...what do I need?
- ▶ Connect with people that are important to you but you just haven't had the time lately to contact. Write to them and tell them how important they are to you.
- ▶ Call/text/email/zoom/skype to keep connected, maybe a couple of people a day.
- ▶ Enhance your connection with others – during your daily exercise outside-smile, make eye contact, connect with your community. Join an online group.
- ▶ V.I.P -DISCONNECT from too much NEWS and SOCIAL media (constant engagement can cause internal stress, stir feelings of anxiety and drain your energy)

MOVE

INCREASE YOUR PHYSICAL ACTIVITY- BOOST YOUR MENTAL, EMOTIONAL AND PHYSICAL HEALTH & SUPPORT BETTER SLEEPFEEL GOOD...FEEL BETTER

- ▶ If you're working, aim to stand up every 45 mins, this will keep you feeling refreshed and support productivity. Aim to get outside for 10 mins a day, to get some natural light and fresh air and finally aim for 2 mins of exertion exercise..got a trampoline in the garden? All this will support your immune system, boost hormones and eliminate toxins.
- ▶ Walk, run, skip, dance, yoga, stretch, weights... Do whatever it is that you enjoy...just move. Join and connect too with over 70, 0000 people with the daily Joe Wicks workout!
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> or find a free ZOOM class to suit you.
- ▶ The Government suggests 5 x 30 mins of moderate(raised breathing rate) activity a week, brisk walk, easy jog (we have an hour a day outside for exercise..use it...you were born to move)

SLEEP

RECHARGE – your immunity battleforce defender and BOOST - your physical and mental wellbeing

- ▶ Reduce Caffeine after midday.
- ▶ If you drink alcohol, aim to have the last drink 3 hours before bed
- ▶ Set a sleep routine; reduce blue light exposure –mobiles/tv – turn off at least an hour before bed.
- ▶ If you wake up regularly with a racing mind of things you have to do, have a go at writing a daily to do list after dinner.
- ▶ Low lighting, Low temp in room.
- ▶ Warm bath/shower.

Check out the sleep expert Matthew Walker if you like to know more

- ▶ <https://www.youtube.com/watch?v=5MulMqhT8DM>

CREATE CALM – reset yourself

- ▶ Breathe – tune in, feel centred, build resilience and feel connected
<https://apps.apple.com/gb/app/the-breathing-app/id1285982210>
- ▶ Journalling- is growing in popularity. GP's, Therapists and other experts advise clients to journal – a simple form of self expression, offload anxieties, goals, dreams all judgement free. A first step to mindfulness – a brilliant tool for keep you in the moment.
- ▶ Gratitude- start your journaling by recording daily 3 things you are grateful for .Keeps us in the present moment and can help reduce feeling of anxiety. Anxiety feeds off future fear. Gratitude can support feelings of being calm and grounded.
- ▶ Mindfulness – the practice of being present and accepting what arises without judgement. Reduce feelings of stress and anxiety, promote wellbeing. <https://www.calm.com/breathe?from=/>

LEARN

SEE THE OPPORTUNITIES, TRY SOMETHING NEW, TAKE THIS TIME TO EXPLORE WHAT MATTERS TO YOU.....enhance your mental, emotional and physical health in the process....

- ▶ Take this time to focus on the things that make you the happiest and bring you joy. Find your FLOW (where you're fully engaged and immersed in what you are doing)
- ▶ Use this time as a window to optimize your own health and wellbeing.
- ▶ Skill up , use this pause in your life to reflect on anything you may have been unhappy with or wanted to change before the lockdown, start making a plan for action.
- ▶ Nourish yourself and re-discover what makes you thrive.

Are you finding it hard to focus?

'If you are finding it difficult at times to focus and pay attention right now. There is a concept called HYPERVIGILANCE, which may explain why you may be feeling this way so you are not criticizing and being hard on yourself right now. Especially if you don't feel up to much.

If for example you are out in the woods and then suddenly attacked by a wild animal, your brain stops thinking about...what you'll have for dinner, where you'll go on holiday ...you just focus on the danger and how to get away from the situation becoming highly vigilant. We were evolved to be like that. So then when the wild animal has gone but then there is an attack the next day and the next you then become hyper vigilant to risk and danger. In situations of danger we shut down our attention to long term goals or focus and we just become alert to the danger around us. So with the current climate is understandable a lot of people may be feeling hyper vigilant . So, if you find it hard to focus and you are seeing a lot of people around you doing things, don't judge yourself. You may be feeling this way for a reason.

The best cures for feeling hypervigilance are CONNECTION, MEANING, CREATE CALM and dealing with dangers following current guidance.' Johann Hari – Author of Lost Connections.

SUMMARY

- ▶ Maintain a sense of control – stay present
- ▶ Work life balance – set a routine
- ▶ Building a Habit- take small steps
- ▶ Five Ways to wellbeing at Home – with suggestions for each way.

‘The smallest step
in the right
direction

can turn out to be the biggest step of your Life’

- ▶ What tiny step will you action as a result of this session?
- ▶ What have you found the most useful for you about this session?

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Mental Health Support

- ▶ NHS Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters> Information about mental and physical conditions, with lots of advice about how to cope with the problems you are facing.
- ▶ - **Mind for Better Mental Health** <https://www.mind.org.uk/> Provide advice and support to empower anyone experiencing a mental health problem. Have an online chat through the website, call 0300 123 3393 or text 86463 Monday to Friday 9am to 6pm (except for Bank Holidays)
- ▶ - **CALM (The Campaign Against Living Miserably)** <https://www.thecalmzone.net/> For people in the UK who are down or have hit a wall for any reason. Call 0800 585858 daily from 5pm to midnight or for a free anonymous webchat with trained staff click <https://www.thecalmzone.net/help/get-help/>
- ▶ - **Young Minds** <https://youngminds.org.uk/> Provide online advice to young people, with links to help in more urgent situations. Young people can text the Crisis Messenger free 24/7, text YM to 85258. Parents can also call for advice on 0808 802 5544
- ▶ - **SANE** www.sane.org.uk Support for anyone affected by mental illness, including families, friends and carers. Call 0300 304 400 from 16:30 to 22:30 every evening, or you can sign up for confidential text care online. There is also an online supportive forum where anyone can share their experiences.
- ▶ - **SupportLine** <https://www.supportline.org.uk/> Provide a confidential telephone helpline offering emotional support to any individual on any issue. Hours vary so ring for details on 01708 765200
- ▶ - **The Silver Line** wwwthesilverline.org.uk Aimed at people over 55. Their helpline is open 24 hours a day every day of the year. Please call 0800 470 8090.