

# CREATING A HEALTHY BODY AND MINDSET

Here are 10 tips to help you maintain a healthy body and mindset as we move through Covid-19.

## 1 SET GOALS.

It can be easy to feel aimless or directionless at the moment, especially if work has slowed down and there isn't any clear structure in your day. Make sure you have some goals you are working towards, so that you can create a bit of a routine. That might be sending out 5 CVs per day (if you're job hunting), going for a 30 minute walk every day or spending an hour doing something fun with your kids. Actively working towards your goals will give you a feeling of progress and control around life at the moment and the future you are creating.

## 2 CREATE A POSITIVE MINDSET.

Realise that you have the power to choose your thoughts, your beliefs and your actions. No matter what we are going through, be kind to yourself, take a deep breath and then decide that no matter what, you have the power and ability to figure it out. What you choose to believe about what your current situation means right now will alter how you feel; the actions you take and the results you get in the future.

## 3 USE THIS DOWNTIME TO RELAX & REST.

When you can sleep well, you're much more in control of your emotions and likely to experience less mood swings. If you struggle to fall asleep, try turning off all screens or blue light by 9pm or 10pm. Create a bedtime ritual to prepare your body for rest like some light yoga, reading in a room with dim lighting, or simple breathing exercises. Limit your intake of sugar as this also effects your quality of sleep.

## 4 SWEAT EVERY DAY.

Exercise lifts your mood and it's also really important to get your lymphatic system going! Your body can't eliminate toxins without movement because, unlike your circulatory system, your lymphatic system doesn't have a pump. You need to activate it with exercise! Make it a goal to get at least 30 minutes of exercise every day to lift your energy levels.

## 5 HYDRATE & FUEL UP.

Make sure you're drinking a lot of water every day and eating healthy meals with a good balance of fat, protein and carbohydrates. This will not only boost your intake of vitamins and minerals to support your immune system but will make it less likely for you to reach for sugar or carbs which will lower your mood and potentially increase your anxiety as well. I'd also strongly recommend investing in high quality supplements as well, especially at a time where we are under more stress than normal. Look for ones that are pharmaceutical grade from a company that you know and trust.

## 6 LIMIT ALCOHOL.

We want to keep our bodies functioning at their peak level of health right now. Your liver is working to detox your body and excess stress already places a heavy load on it. So try to limit alcohol to give it a chance to work at its best.

## 7 LAUGH EVERY DAY.

Although you might be feeling worried right now, take some time to do something that makes you laugh. It could be watching something funny on youtube or chatting with a friend. This will help shift your state, you'll feel better and it will also make you more proactive when it comes to solving problems.

## 8 STAY CONNECTED.

Even though you might feel socially isolated make sure that you're not emotionally isolated. Make sure you are still participating in online groups or communities where possible and that you are reaching out and asking for help if you need it.

## 9 FOCUS ON WHAT YOU CAN GIVE.

When you're feeling stuck or helpless, some of the best advice I've ever gotten is to shift your focus from what you think you need to what you can give. How can you help someone else right now? It might be giving them a call, a compliment or connecting them to a job or solution that they need. Helping someone else stops your mind from focusing on worry, makes you feel good and in turn helps you tap into creative thinking and strategies that you can't access when you're in fear.

## 10 HAVE A MORNING ROUTINE.

This one has made a huge difference in my life! If possible, give yourself an hour just for you first thing in the morning. If that feels impossible, start with 15 minutes. Even that short amount of time will be a game-changer, I promise! Take this time to set yourself up to win for the day. You can put whatever you want into your morning routine (it's yours, after all) but some suggestions would be what we've covered above. Things like stretching, meditation, journaling or goal setting will help you set the tone and focus of your day before the rest of the world jumps in on it. Reading a book on personal growth or an autobiography of someone you admire can also put you in a positive headspace. The important thing is to feel in control of your day and your mindset (especially before you check the news or social media). There's a great quote, "How you start your day is how you live your day, and how you live your day is how you live your life." By creating a powerful morning routine you put yourself in the driver's seat of what kind of day you are going to create and take control of how your day (and life) will unfold.

