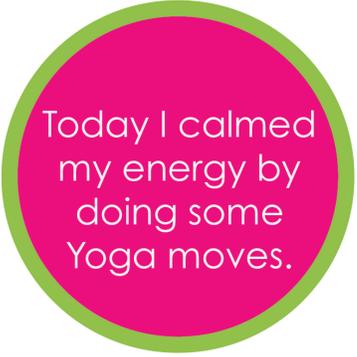


Coping Well while #distancelearning

30 WAYS TO KEEP CALM AND
CONNECTION FRONT OF MIND



Today I calmed
my energy by
doing some
Yoga moves.

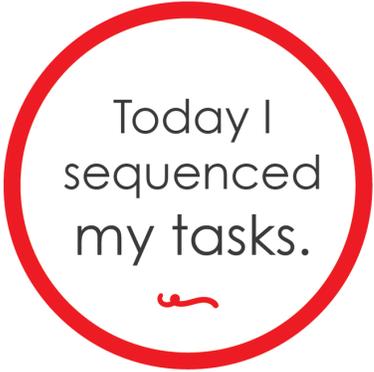
Anxiety, fear and a sense of uneasiness activate the limbic system and put us in overload. Here are 30 simple things you can reflect upon to help you feel calm, collaborative and connected. Print this out, edit, change and adapt the tips to your circumstances and current life. You Matter.

1. Make time to reflect, re-focus and reframe the way we wish to be now and in the future.
2. Be your most observant and reflective self.
3. Embrace the opportunity not the fear.
4. Adapt what you were doing to current circumstances.
5. Avoid all or nothing and catastrophic thinking. Ask yourself, "Do I know this for sure?" "Is it hypothetical?" "How can I look at this in a different light?"
6. Be in the moment you are in. Breathe and be mindfully present.
7. Adopt daily routines and schedules. Let routines guide you for now, even if you embrace less structure in your usual life.
8. Say, "I can and I will." I can do this, I will do this.... I am doing this NOW!
9. Think positively, push those negative thoughts to the side. Put them on an imaginary raft and let them float away.
10. Think calmly before you respond.
11. Learn a new skill, spend time practicing it daily.
12. Practice gratitude.

#wearebettertogether #self-help #distancelearning #socialsupport

Coping Well while #distancelearning

30 WAYS TO KEEP CALM AND
CONNECTION FRONT OF MIND



Today I
sequenced
my tasks.

13. Be your most accepting self.
14. Monitor your feelings throughout the day. Plan, prepare and respond - before you become overwhelmed, agitated, anxious, angry or upset. Be proactive, Plan ahead, Watch for triggers. Observe your escalation, then employ your calming strategies, "I observe that..." I am..." - Push the pause button
15. Turn on and trust your internal intuition. If it doesn't feel right, it likely isn't.
16. Some people in your life have poor self-monitoring and self-regulation, they may over-respond. Remain calm and know it's usually not personal.
17. Each morning, get up, clean-up, and get dressed.
18. Incorporate exercise 60-120 mins per day.
19. Eat whole real food and drink 80oz of water or more per day.
20. Be the raindrop, not the flood. In a state of overwhelm we often pour everything out, our emotions, past hurts, fears and more. Be more like a raindrop. If you need to ask someone for a change or shift in behavior to better meet your need sets do so a drop at a time. Change your own habits a drop at a time. Small steps lead to nice big gains.
21. In relationships, carry your own weight.
22. Let go of the little things.
23. Get outside in nature.
24. Develop a new hobby or interest.
25. Develop a self-care toolkit.
26. Create the time to play, laugh and have fun with your children, as a family and on your own.
27. Create your own time and space to rest and revive.
28. Soften your expectations and appreciate the small wins.
29. Observe the good.
30. Reach out and connect with family, friends and people you still care about, but let go of because life was so busy.