

Let's take care of ourselves.

Ten advices to face the coronavirus crisis.

During the time the coronavirus pandemic lasts and in order to know how to cope in other moments of crisis, it is good to learn how to take care of ourselves emotionally as well as physically so that we can prevent and regulate stress symptoms. To take preventive measures and be able to deal with uncertainty, it's okay to be well informed in the most objective possible way, but often the large number of images, bad news and information we are exposed to by the media may make us feel overwhelmed and this is not the best way to face it.

It is important to take care of ourselves to maintain both our personal and collective emotional balance.

Listed below are 10 briefly explained resources coming from Positive Psychology, Mindfulness, Health Coaching and other disciplines that can be very useful.

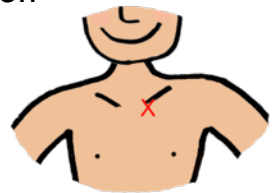


1- **Breath.** Stop for a moment and take some deep aware breaths to be in the present moment and regain calm. We don't need to vary the way we breathe, by just paying attention to it we'll notice the effect. It is a good idea to focus on the place we feel it the most (nostrils, mouth, chest, stomach, ...)

2- **Focus on the body.** Listen to it. Taking a conscious look at the sensations we feel in the different parts of the body helps us calm down. Starting with our feet and mentally moving up to our face and head. There is no need to modify our posture, we just have to be aware to the sensations (cold, heat, tension, tingling,...)

3- **Posture of Dignity.** When we are worried we tend to slouch. Changing our posture to a more upright and open one makes us feel empowered. We can do this by standing or sitting down this way for at least two minutes.

4- **Tapping.** Tapping gently with 3 or 4 fingers on an acupuncture point in the clavicle (see drawing) for a while helps us reduce anxiety quickly.



5- **Be grateful.** It's well known and studied that grateful people feel better than those who are not. Finding 3 or more reasons a day to feel grateful for will make us feel good and at the same time we'll be contributing to a kinder society.

6- Hugs and gestures. This practice increases oxytocin hormone levels (tenderness one) and decreases cortisol (stress one). Right now we must not hug others for risk of contagion but hugging ourselves will give us well-being too.

7- Managing emotions. Pay attention to our emotions: naming them, locating where we feel them in our body and observing which thoughts go with them will help decrease their intensity. It's very important to share them.

8- Recognition. This is one of the most essential needs of human beings. We have to recognize others and ourselves for all the efforts we are making and all the qualities and actions we are placing at the service of others.

9- Thinking differently. In the face of difficult circumstances, practising a different point of view will make us see the current situation as not as bad and regain hope. This is, seeing the glass half full and not half empty. In short, be more positive and use the sense of humour.

10- Healthy way of life. Eat healthy and even if we are not able to go out now, we can exercise at home, do yoga, meditation, ... and above all take time to do whatever you love doing and take advantage of these days at home to learn some new skill or knowledge. Everything will help us to keep our mind and body in the best condition to deal with these uncertain times we are living in.



When and how to practise ?

It is advisable to practise some of these 10 points at least once a day. The order doesn't matter but it is best to begin with number 1, breath, as a preparation before doing any of the others.

We can dedicate it just a few minutes or however long we wish and at any moment. It is so important doing it on a daily basis to be strong enough for the day and for possible worse scenarios in the future too.



Idea and realization
Jaci Molins Roca / Eva Molins Roca



coachingsalut
evacutpaper

www.coachingsalut.com