



Coronavirus Wellness Journey



Contents

Page 1

Let's stay safe, together

Page 2-3

Stress; what it is, and what it does

Page 4-5

Anxiety, and how to manage it

Page 6-7

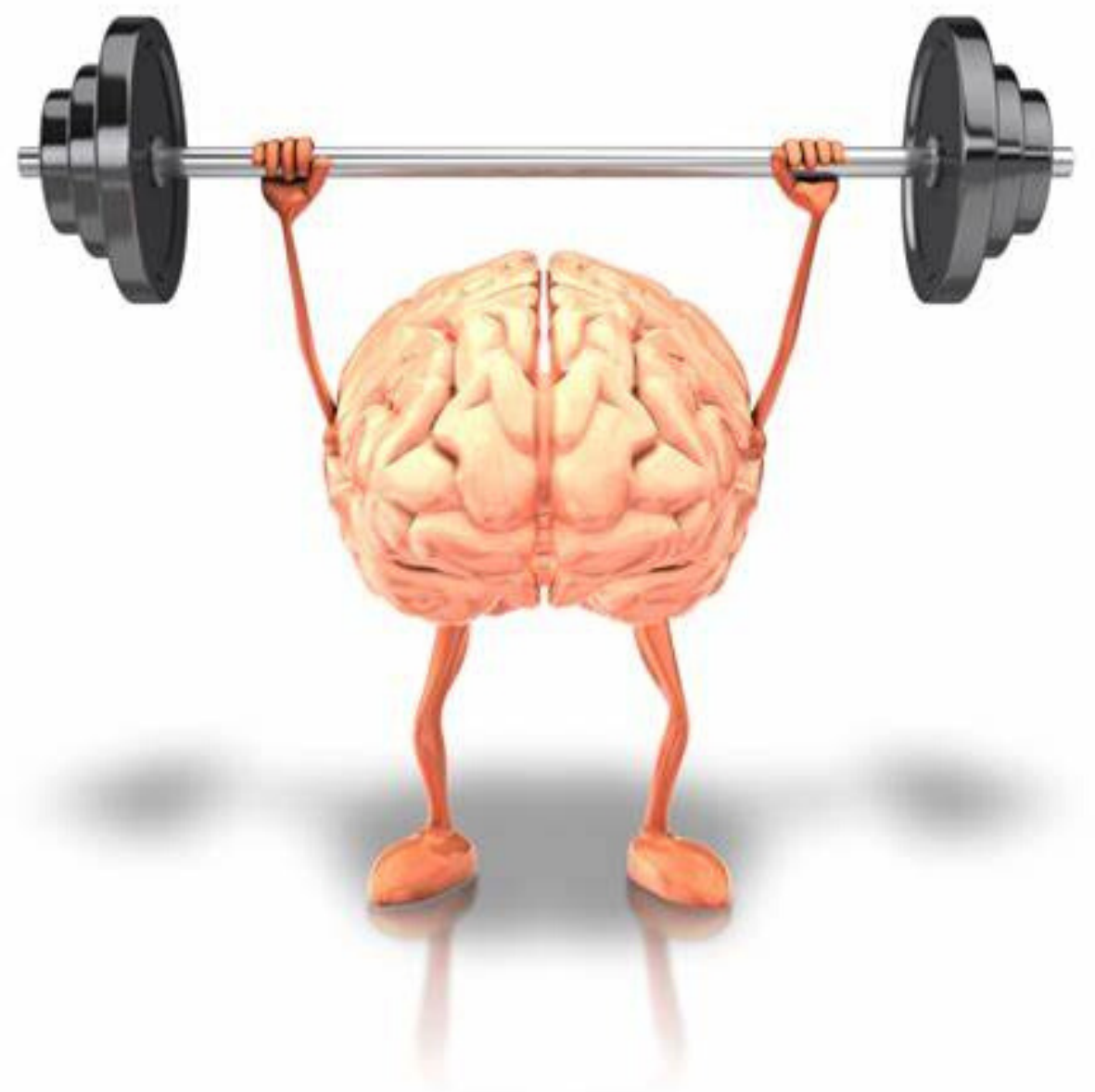
The Coronavirus and how to stay safe

Page 8-9

Looking After You

In all this chaos, let's find safety...
A worldwide pandemic is a rare occasion, so it's no surprise you may be finding it difficult.
But remember, we are all in this together.

At Motivated Minds, we are here for you; from global pandemics, to personal crisis, our advice is the same. YOUR wellbeing is crucial, so take time to stop and consider how you are feeling, what is causing you the most concern, and how you can take practical steps to regaining control, improving your mental and physical health, and feel safe amidst the chaos?



This is YOUR Coronavirus Wellness Journey and we are here for you every step of the way. It is important to capture how you are feeling now, so that you can track your progress. So tell us how you feel and write down why you feel that way:

Today I feel...

What is stress and how will it affect me?

Stress is actually a natural reaction to mental or emotional pressure, and can (in small doses) help people to respond to a challenging situation.

Imagine you were confronted by a hungry lion, your body would produce stress hormones such as adrenaline and cortisol that would help you to take the action needed to keep you safe (i.e. RUN!!!!!!)

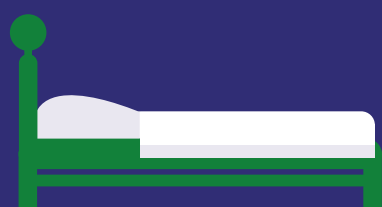


So what does stress look like? Stress can cause a complex array of emotions and physical changes, and when this starts to impact on your wellbeing, or your ability to carry out everyday jobs effectively, you may be at risk of burnout. It is important to remember that stress has an impact on us emotionally, so tick any of the following emotions that you have been experiencing lately and then you can work through ways of overcoming the negative effects they cause:

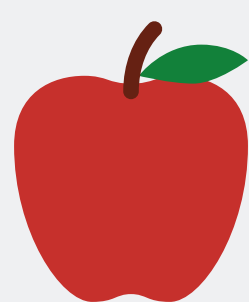
Panic ☐
Fear ☐
Anxious ☐
Tearful ☐
Helpless ☐
Worried ☐

Sad ☐
Scared ☐
Lonely ☐
Isolated ☐
Angry ☐
Guilty ☐

As well as affecting your emotions, and how you *feel*, stress hormones can have undesired physical effects too. You may feel lethargic, or you might feel unable to settle? Stress can affect your appetite, sleep, and even your relationship with others too!



Stress and anxiety can leave you feeling exhausted but unable to recharge. You may spend more time than normal in bed, or you may feel so unsettled that you cannot sleep! Rest is so important to your wellbeing so when sleep is affected, you are bound to feel physically low.



Stress hormones can relax the intestinal muscles, increase blood sugar levels, and change your dietary habits vastly! It is more likely you will reach for sugar rich items when feeling stressed which will affect your energy levels, and possibly your weight. Or you may find that you lose your appetite completely!!



Cortisol is a hormone that is released when the body feels stressed; it can help to increase the body's energy levels to enable you to deal with crisis, BUT increased levels can affect your immune system making you more physically vulnerable to ill-health.



Left untreated, extreme and ongoing stress can cause arthritis, migraines, acid reflux disease and increased blood pressure!

So you can see why some days stress and anxiety leave you feeling physically exhausted and unwell! If you want a healthy body, the best place to start is with a healthy mind, and the good news is that having awareness of how stress and anxiety is affecting your life will help you learn to overcome both the mental and physical symptoms. But what about anxiety...?

What is anxiety?

The Cambridge English Dictionary defines anxiety as "*an uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future*" but of course, it is perfectly natural to worry, especially in times like these.

Everyone will experience anxiety at some stage. From our earliest experiences we felt anxious about our first steps; our first bike ride; the first time our parents left us with a babysitter etc. But we learnt to trust ourselves and those around us. Anxiety is important to help guide us safely through life, but when we are worrying excessively about things that are outside our control, it can raise stress levels and lead to physical and mental ill-health.

Anxiety and depression are the most common mental health disorders experienced in the UK and anxiety is estimated to affect around 16% of Brits at any one time; but this pandemic is predicted to see a worrying soar in numbers!



"There are plenty of difficult obstacles in your path.
Don't let yourself become one of them"

RALPH MARSTON

How can I manage my anxiety?

Often, when we get stressed or anxious our thoughts start to spiral out of control. We often imagine the worse case scenarios and then assume that this is what will happen – which if you are honest with yourself is rarely true!

Instead of doing this, ask yourself what else might happen instead. The key here is to come up with **realistic alternatives** – which are more likely to happen.

The second way in which you can challenge your negative thinking is to ask yourself what you would say to a friend who was in the same situation as you. The chances are you would be far nicer and much more supportive to them than you are to yourself.

You tend to try and give your friend sensible advice, so if it is good enough for your friend, it is good enough for you as well.

There is a lot more that can be done to help you manage your anxiety. We run online courses that will help you further challenge negative thoughts and learn to curb your imagination in situations of doubt, or uncertainty.

American philosopher and psychologist, William James, once said ‘**The greatest weapon against stress is our ability to choose one thought over another**’ - so get ready to fight for your wellbeing and contact us for FREE help and advice today!

Visit www.motivated-minds.co.uk for more information.



What is COVID-19 (Coronavirus) and how could it affect me?



COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called Coronavirus and has caused a world-wide pandemic. This is mainly because it is new, and we do not yet know how to treat it.

Most will suffer no more than just a light cough, or temperature, and some have even been thought to have the virus but display no symptoms! However, for those that are most vulnerable (that is people with underlying health conditions or older people over the age of 70) the advice is complete isolation to safeguard their health and avoid contacting the virus.

The rest of the UK have been on lockdown since 23rd March to stop the spread, and this has been challenging.

Understandably the nation is facing increased anxiety, social isolation, fear and confusion, so looking after yourself has never been more important. Let's start with how to stay safe through the pandemic.



Stay at home.

Limit all your non-essential travels.

Only go out for food, medicines or other essentials. If you are vulnerable and need support with shopping or medication, please get in touch.



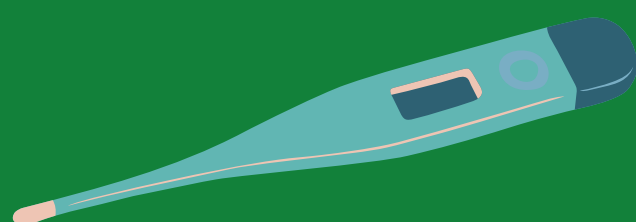
Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



Check your temperature.

If you think you may have COVID-19 symptoms, check your temperature. If you have a high temperature call 111 or get support online.



Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

If possible, have a designated toilet and bathroom as well.



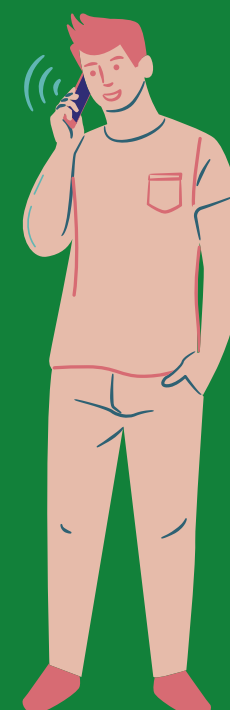
Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



Practice social distancing.

If you need to go out, maintain 2 metres distance from others and avoid 'public spaces' where people may gather, but try and ensure you make use of your one-hour daily exercise allowance.



A walk, bike ride, or run is the perfect way to get some fresh air and ground yourself, so stretch your legs, and take notice of what's around you. Alternatively visit www.activeessex.org for YouTube clips and ideas to keep you active from our friends at:



Connect.

YOUR mental health is just as important as your physical health, so don't emotionally isolate, the distance should be just a **physical distance**, this doesn't stop you calling a friend, or connecting with us online. Follow us on social media for more tips and to help you overcome feeling isolated.



For wellbeing tips and support @Wellbeing4LifeCIC
For local news @HappyHubUK



@motivated_minds



@motivated.minds

Looking after you.

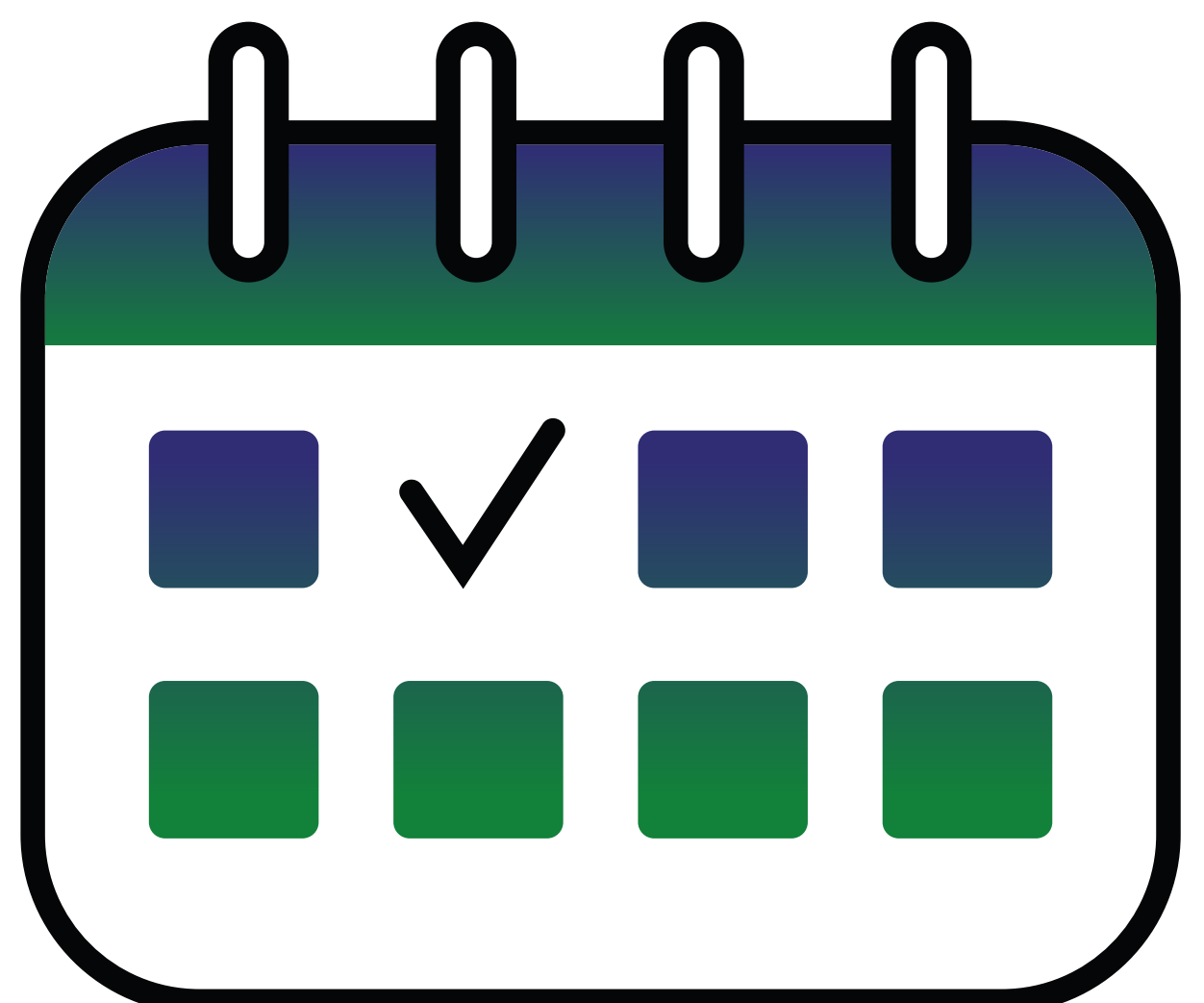
You cannot control everything, and that can be hard. BUT you can control what you do and that is your most powerful tool.

Together, we can challenge negative thoughts, learn to live in the moment and not let anxiety consume us. It won't be easy, but if you are motivated to change what you do today, it will change tomorrow for the better too. But it won't last indefinitely, because motivation is a lot like bathing, to be effective, you have to do it daily. So stick with Motivated Minds, your lifelong wellbeing provider, and we'll keep you on track.

Where to begin?

Mental health and psychological approaches to wellbeing are complicated subjects, but you don't have to be an expert because we are. At Motivated Minds we have years of professional experience in helping everyday people, just like you, and with our help, your wellbeing journey can begin right now. There are some simple steps that you can take TODAY that will start to help you regain control, and reduce anxiety immediately, especially amidst the current crisis.

At the moment your routine has most likely been disrupted. By how much will change from person to person, and how much that affects you could vary too, but you CAN be in control of your own day. So try writing a new routine; take it one day at a time if you need too, or plan a week ahead if you prefer?



Look back to Page 2 and consider how a new routine could help with some of those feelings? Schedule a little HAPPY into your day to alleviate sadness; limit how much news you take in to help keep uncertainty and fear at bay; or connect with loved ones or our team to tackle loneliness and isolation. Your mental wellbeing is fed by different aspects so ideally you need to include all of these within your routine (if you can):



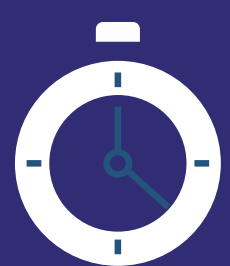
Exercise - You can go outside once a day for exercise so try a walk, cycle or even a jog? If you can't go outside (or don't want to) have a look online at www.activeessex.org for exercise classes suitable for all ages and abilities. Exercise releases endorphins, which will set you up nicely for the rest of the day.



Connect - make sure you have contact with someone each day. Thanks to technology we have options – Facetime, Skype, Zoom, WhatsApp or a good old fashioned phone call. There isn't always a lot to say, but it is important to maintain those connections.



YOU time - if you don't live alone, it may be a good idea to plan some 'you time'. It is okay to want and need this, in fact, having time for yourself is a crucial self-care activity. So do those things that you enjoy doing; read a book, take a bath, potter around the garden, or just have time doing nothing. You need time to recharge after all.



Schedule rest and play - if you are home schooling, make set times for work, and times for play. We all like routine, especially children, and if they know what is expected it may be easier to get them to conform! If you are working from home, is it possible to have a separate space? And try to stick to your working hours – you don't want to burn out.



Keep a gratitude diary – Keep a record of 1 to 3 positive things that have happened each day. Once you start to look for the positives it will start to change your mindset and the impact this can have on your mental wellbeing and anxiety levels can be really noticeable.

There are lots of other ways we can help you take control of your wellbeing. From counselling, to online courses, we have something for everyone, so get in touch and make the rest of your life, the best of your life.



www.motivated-minds.co.uk

Find us at HAPPY Hub, Eastgate Shopping Centre, Basildon, Essex, England.
Motivated Minds trades under Wellbeing 4 Life CIC. Company No.: 9423090 © 2020