

Focus on your inner protective shield:

Strengthening your mental health - nurturing healing skills during the crisis.

1. **Coping with the** current situation is similar to that of a bereavement or separation. Be aware that **unaccustomed emotional flushes** are **normal and appropriate**. The psyche needs this to cope with crisis/trauma. It is necessary to observe them, remain curious, to allow them to happen, accepting without judgement.
2. **Pay attention to your inner dialogue** with yourself. It feels good to listen and be heard - you can start with yourself. Be gentle with yourself and others: Procrastination, over-activity, confusion, shock-induced paralysis, tears, spinning thoughts, irritability, conflict all mean that your psyche is processing the current changes.
3. Pay attention to your **diet and** drink **enough water/tea**. Invent **creative recipes** (what is still fresh, needs to be used up - mix them). E.g. an omelette with celery, paprika, banana, apple, parsnip. Add **vitamin D3** (or in natural form with boiled young nettles) to the omelette.
4. Exercise, enjoy fresh air daily. Even if only on the balcony, soak up the sun. Ensure daylight in your home office too, open the windows. Yoga, Qi Gong, at least 20 minutes, check out your fave youtube video.
5. Maintaining **personal hygiene despite home office**. An **extra portion** every day, e.g. face pack, cooling eye mask, bathing, brushing, body oils and essences.
6. Put on your **usual working day clothes**, change to casual clothes after your workday. Keep bedroom cool, use fragrance spray, remove work all documents and devices.
7. **Limit your intake of news / social media**. **Set alarm clock while you browse**, max. 30 minutes at a time. Watch funny, cheerful, uplifting stuff too. Humor helps!
8. Create or look at your **photo books, actively embrace music, dance and singing**. Singing from the deepest part of the throat stimulates the vagus nerve, which calms the nervous system.
9. **Write a letter to yourself in the future**. Take the motto "what I wish for myself by 01. July 2020" or "what I will implement / achieve by 01. 08". And close, seal and hide it in a place you will find, with a note in the calendar to open it on 01. July/august.
10. **Fill a screw glass jar with notes on** what you want to do when the pandemic is over. 1 note = 1 activity. Then, when the time comes, you can open one piece of paper every day and put it into action. -a confidence builder, strengthens the limbic system.

Last but not least: embrace the Buddhist wisdom "chop wood, carry water".

It's okay if you don't learn a new instrument, a new language, clean out the cupboards, start great new projects. It can be enough to be just getting through the day: Keep your balance, mastering everyday tasks and experiencing each of these once a day: hunger, thirst, cold, sweating, sleep, no forced deprivation of course!

Remember: Nothing lasts forever, that is both the bad news and the good news!