

Improve Your Situation During this crisis.



This COVID-19 crisis has radically changed our lives. Just a few months ago, we had no idea our 'world' would be confined to our homes!

This crisis is a powerful reminder of how important freedom is - and how much we need human connection!

Remember you are not alone. Because what is DIFFERENT here is that everyone is impacted! Your neighbour, mom, boss and friends as well as your counterparts around the world are all going through something similar.



So, it's important to remember:

Courageous people are still afraid. They simply don't allow the fear that is within them to paralyse them –
Steve Pavlina

This is the challenge each of us must rise to! If we're going to be stuck at home, we may as well make the most of it.

Here Are 10 Things That You Can Do to Make Your Life Better During Social Withdrawal:

1) Create a Healthy, Supportive Routine

When we feel powerless or helpless (as so many of us do at the moment), one EXTREMELY easy thing to do is to create a routine or schedule.

While we're all stuck in anxiously waiting at home, it's easy to lose our sense of time. Days can begin to blend into each other. A routine can give us an anchor and greater sense of control over our lives. And if you have children, creating a routine is especially important to give them a sense of normality.

This routine or schedule can be as simple as:

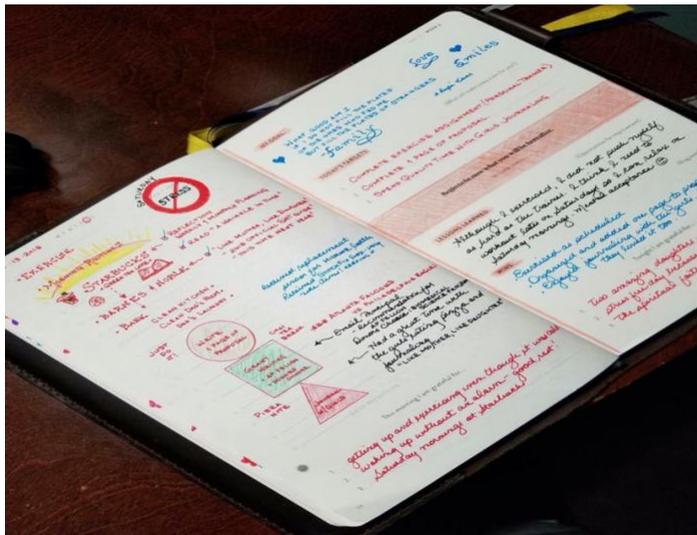
- **7:30am** - Wake-up/ Shower
- **8am** – Breakfast
- **9am** – Journal and media / Work
- **10am** - Exercise
- **11am** - Talk to friends
- **12.00pm** - Lunch
- **1-4pm** - Learning or a home project/ work
- **6pm** - Make & Eat Dinner
- **8pm** - Talk to close family
- **9pm** - Reading, Journaling
- **11pm** - Bed

Be sure to include food preparation, social time, exercise and outdoor time and some learning or creativity so you get some *benefit* from this challenging time.

It's also important to recognize weekends because it's too easy for weeks to blur together. So, design a looser schedule for your weekends. For instance, you could include:

- Sleeping in/later bedtime
- Brunch
- "Treats"
- Film night with popcorn
- A virtual happy hour with friends or colleagues
- A larger project, perhaps some art, craft, gardening or home redecoration.

So, create a routine for a sense of control and mastery over your environment and life circumstances. Reclaim what power you can over your own life, because with all this uncertainty it's important for you - and especially important for children - to have predictability.



2) Gain a New Skill with Online Learning:

There are so many opportunities online to gain a new skill and they're growing by the day!

Grow your personal or creative skills or choose a new skill to learn and take back to work with online training providers like [Coursera](https://www.coursera.org) or [Businessballs](https://www.businessballs.com).

There are many other providers.



If there's a skill you always wanted to learn, search for it. But be sure to read the course descriptions thoroughly, check reviews if there are any - and check money-back guarantees as you need to!

And with so many learning options ranging from FREE to tens of pounds to the low hundreds of pounds, there will be something out there that is just perfect for you.

I have just launched my own course – [Getting To Know The Authentic You](#) which is design to be an introspective look into yourself and who and what you can be.

3) Explore your Life Vision:

Rather than watching endless news streams, you can choose to focus on a bigger picture - your future. What do you want from the rest of your life? What would you be disappointed you did NOT do? Where do you envision yourself in 10 years?

Having a clear vision of how you *want* your life to be is a powerful motivator. A vision helps us work towards our goals, take action and make change. Soon, we'll all be super-busy again - and a vision might be just what you need stay focused!

Here are 5 questions to ponder or journal around to go deeper:

- What do you desire or yearn for in your life?
- How do you want to feel?
- What do you really, really want to be different in your life?
- What would have happened in 3 years time such that your life is spectacular, and you feel great about yourself?
- What's your dream for this lifetime? Imagine you're 90 years old and looking back over your life; what did you do that made you proud and happy?

TIP: Remember to think *possibility* not probability! Don't limit yourself and your ideas because you don't believe something is likely. Instead believe it's possible - and even if you don't get all the way there, you may get close - or even find something better along the way!

MAKE AN OFFER: And if you'd like some help with designing your career for your life, I'm offering a free focussed development Session. [Just click here](#) to book your complimentary call to set this up.



4) Be in the moment:

In THIS moment you are OK. You are safe. Take one day at a time. One hour or even one breath at a time if you need to.

This tip is about being super-present, not thinking ahead or remembering the past, but practicing BEING.

This is a PRACTICE - meaning you will have to do it over and over again - bringing yourself back to the NOW. Over time it gets easier, and it's a great skill to have to take back to "normal" life.

So, when you notice you're worrying, feeling concerned and want to pick up your device and find out what the "latest" is about the COVID situation, say to yourself, "It's OK. In this moment, I am safe. In this moment I am OK." You can also add or say, "In this moment, my children/husband/partner/family are safe."

EXTRA TIP: Reduce or minimise how often you watch and read the news! And DON'T read or watch the news (or articles about COVID-19 or similar) just before bed!

5) Laugh

Distracting ourselves from our fears is a valid technique for feeling better!

Laughter releases helpful chemicals in our bloodstream - Endorphins (our natural "happy" drug) and Dopamine (part of our bodily "reward" system).

- What are your favourite comedy shows?
- Is there a comedian you like?
- Netflix, Amazon and similar have so many watching options, so find something that makes you laugh!

IMPORTANT: We should NOT use over-use laughter as a distraction technique. And it shouldn't be used for ongoing and persistent fears in regular life. But for a situation like this, where this isn't much that any of us can do other than sit and wait - distraction can be a great coping mechanism.

6) Start a Journal!

As you may know, I'm an advocate and, if you've always wanted to journal, now is a good time to start. More than just keeping a record of your day, a journal can help you explore and sift through your feelings and experiences and learn from them. It's a great way to get to know you.

It's great to choose a beautiful notebook, but the most important thing is to just get started. Here are some prompts to get started with:

- Today I am feeling _____. I think this is because _____.
- One big thing I have learned during this crisis is _____.
- I remember the last time I was stuck in the house _____.
- One thing that's surprised me recently is _____.
- What matters most to me in life is _____.
- Describe your ideal day _____.

"A journal is expressive by nature and it contains feelings, emotions, problems, ponderings and it is more reflective on the meaning of life being lived." **Lynda Monk**

You may find this article from the [The Best Self Co](#) helpful to get you started. There are many other different types of journal out there.

I've found that journaling has become a habit for me, and I achieve much more and feel greater satisfaction from my day because I journal. I add targets and goals and the journal is one of the accountability tools that I use.

7) Be Kind!

Kindness and compassion are one of the most powerful tools that any of us have in our toolbox right now. Many of us are largely housebound, never mind the fear that you or a loved on might actually catch the COVID virus! So, of course we're going to feel unpleasant and uncomfortable.

- Use kindness to comfort yourself when afraid or feeling anxious or fidgety. Be gentle. Imagine you're soothing a friend, small child or animal who is afraid - what would you say to them? Then say that to yourself!
- Use kindness to give yourself - and others - the benefit or the doubt. Instead of getting upset when you see other people behaving badly, remember that we all do silly things when we're scared.



- Imagine you have a kind, wise self. A part of you that is unflappable, intelligent and unconditionally loves ALL of you. Now, when you need it, imagine that kind, wise self is with you, supporting you, maybe giving you a hug - and saying exactly what you need to hear (not just the sugary stuff, but also the tough love and common sense).

8) Help Others

Helping others is empowering *and* makes us feel better. Here are a few ways you could help others.

- Check in on a neighbour or friend and see if they need anything. You can do this by phone, or in person, remembering to maintain the required 2 metre distance.
- Offer to get someone groceries if you're going.
- Help someone less technically savvy learn how to use Zoom or WhatsApp or whatever they need to get online.
- Host a virtual get-together with your regular friends.
- Reconnect more deeply with friends or relatives who have moved away.
- Have virtual beer nights, girls in nights, pizza nights. The list is endless.

Share what you've been doing to help others in the comments below!

9) Live Your Values

When we know your values, we understand what motivates and drives us. When we build our lives around our values, we create a life that is meaningful. Finally, when we *align* our actions with our values - we're being truly authentic. It's a very satisfying and fulfilling way to live.

And living your values could be the single most important thing any of us can do right now.

Here's an exercise you can do:

- List your values on a piece of paper or in your journal.
- Give each value a score ___ / 10 as to how well you are living that value in your life now (where 0 is not at all and 10 is full-out).
- For the scores that are 8 or more - great!
- For the scores that are 7 or less out of 10, ask yourself, "How could I express this value more in my life right now?" "What could I do differently or approach differently, so that I feel good about how I live this value in my life?"



For example: You have a value of creativity, but you're only managing to 'go through the motions' right now and your score is 4/10. Ask yourself how you could be more creative during this time - whether it's cooking, gardening, art or writing or helping your kids do something creative, or even watching a documentary about someone creative you admire...

Improving performance personal coaching is delighted to provide an online personal development course, that has been discounted for the Corona virus lockdown called Getting to know The Authentic You. Learn to let go of living the way that others think you should and, instead, live your life as the real YOU. [Click here](#) to view the course detail.

10) Begin a Meditation Practice

Meditation is a practice that has been proven scientifically to calm us, help us be more creative and be happier (for starters). It's extremely beneficial.

There is a lot to learn about meditation - and it's called a *Meditation Practice* for a reason. But it's also not as hard as it sounds. You can start with as little as 5 minutes a day - and it's good to build a routine, so you meditate at the same time every day. Get a book on "Meditation for Beginners" or go to YouTube or Google and search for "How to Meditate". Another good place to start is "Metta" or "Loving Kindness" meditation. Again, search online and you'll have lots of options to choose from.

It helps to have a quiet space without interruptions - which many of us don't have at the moment. And for some people, *trying to* meditate when anxious can be stressful. If this is the case, listen to a relaxing guided meditation instead.

Another idea is to listen to a sleep meditation or "Body Scan Meditation" before going to sleep.

[Click here](#) to see the 10 best meditation books from Muse, from beginner to expert.



Wrapping Up.....

So, which of the above ideas resonated with you? The areas I am focusing on are helping you with the bigger picture and what this situation makes possible for you. I have online videos and blogs with tips and hacks to help you through this situation, along coaching programs and a course. All of these initiatives and programs are intended to help you on your journey from where you are to where you want to be.

Believe you have the skills and power to tackle this situation and you will!

Choose to make the best of a difficult situation and no matter what - you'll find a way.

This current and unprecedented COVID-19 situation will pass and, when it does, you'll be proud you made the effort to learn something - whether it's about yourself, fresh knowledge, a new skill - and who knows what else!

About Reg Goslin



[Reg Goslin](#) is an award-winning sales leader, people manager and Career development coach with over 35 years' experience in the corporate world. Having realised his passion for personal development he is currently running his own coaching practice at [Improving Performance personal coaching](#), where he is supporting people in their personal and professional life.

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