

Living through a crisis.

How to decompress and create some normality.

Reflect on and acknowledge

What we have been through or are going through. Give it words, your own words. When we give a feeling or scenario words, we lessen the control and power it holds on us. As the saying and strategy goes, 'to name it is to tame it'. We will also start to feel more in control of our thoughts, feelings, and life. It will help us to focus on the now, rather than worry about what may be.

What am I grateful for?

Gratitude and Anxiety can't co-exist. We should never underestimate the power of gratitude. By focusing on what we do have and are grateful for, we activate our 'happy' hormones, which obviously reduces the hormones that promote stress and anxiety. Again, it also helps us to really focus on the now.

Drown out unnecessary sources

That may be harmful to your mental health. If there is a specific show you watch, account you follow or app you use that causes you to worry, fear or feel bad about yourself and life, then delete it. What information you choose to feed your mind is up to you. Apply filters necessary for your mental health.

Let's be brave in our decisions and bold

In who we are and what we stand for. Be confident in who you are and that you will make the right choice. The more confident we are about something, the less fearful we will be in making that decision. Humble yourself in times when you don't know it all or don't have 'the answer'. It is in these moments that your faith becomes even more important.

What can I control?

What can't I control? It is really important for us to identify what we can and can't control as this helps us to identify our 'pointless' fears. Again, this is not diminishing a feeling or situation. But we are wasting our precious energy by worrying about something that we can't change, control, or predict. Once we have identified what we can control, it gives us the power to ACT and acting reduces our anxiety and fears drastically.

Set a routine for familiarity

Normality, and a sense of control. We crave certainty and there is nothing more certain than a daily routine. Familiarity helps our brain to identify certainty. It is obviously important to note that plans can and may change, so having a sense of flexibility is also important.

Be kind to yourself and others.

Kindness is so cool; it feeds grace and gratitude and restores faith.

REACH OUT to a friend, family member or professional

There is always someone willing to listen. We were not meant to live this life alone; you are not supposed to deal with problems by yourself. We are built for togetherness, belonging and community.

WWW.CONNECTABLELIFE.COM
JESS@CONNECTABLELIFE.COM
STACEY@CONNECTABLELIFE.COM

