

STEP UP & STAY UP

Overcoming Mental Stress During The COVID-19 Pandemic



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“In times of crisis, the world needs practical optimists. Practical optimists don’t ignore a difficult reality—they accept it—and then immediately start working towards the better future they want to create.”

JEREMY MCCARTHY,
Group Director of Spa & Wellness, Mandarin Oriental Hotel Group, Hong Kong



STEP UP FROM...

Overstimulation

Uncontrolled exposure to an “explosion” of information and negative news can lead to heightened levels of fear and anxiety, it’s important to limit the abundance of news feeds

Emotional Unrest

Maintain control over your “amygdala,” that part of our brain that controls our emotions. Unmanaged feelings of fear and expectation of danger, can cause extreme emotional instability

Mental Entanglement

Resist getting caught up in the web of excessive “What if...?” thinking and generating doom and gloom scenarios. What if ... works best when it’s followed with some specific action

Negative Energy

Given that we’re in the midst of a gathering storm, we have to control how much of that negative energy swirling around us, we absorb (the fear, negative statistics, the unknown)

Nurturing Anxiety

Overfeeding negative attitudes, overthinking and unhealthy emotions fuel anxiety and open the door to a negative outlook that can place us in a weakened psychological state



“Your body’s first line of defense against any infectious disease is your immune system, which consists of specialized cells and organs that provide surveillance and protection against all pathogens that could harm you. Maintaining and enhancing your immune system begins with actions you take to optimize your nutrition, exercise, sleep, social connections and mental health.”

RICHARD CARMONA, MD, MPH, FACS
17th Surgeon General of the United States
and GWI Board Member

STEP UP TO...

Gratitude

Express gratitude regularly to The One who is in charge of your next breath, create a gratitude list and focus on it every hour

A Meaningful & Positive Daily Routine

Create a daily routine that starts with NOT picking up your phone as soon as you awaken. This routine (or daily workplan), should be clearly defined, itemized by task and timeline on an hourly basis to make you accountable for your time, your productivity and for the quality of your day. The routine should start with a 15-45 minute Positive activity (e.g prayer, gratitude, meditation) to jump start your day on a positive note. Build in frequent breaks to prevent mental fatigue, make the morning segment heavy and the afternoon program light, on the way to winding down the day.

The day should end on a positive note and with gratitude

Empowered Action

Stop worrying about the things over which you have no control e.g. the escalating number of virus cases in T&T. Act on things over which you have control.

It’s a better use of energy to focus on keeping healthy, strengthening your immune system and washing your hands a million times a day

Self-Improvement

Don’t forget to learn a new skill or two while you have the time

Border Control

Finally, “Guard Your Personal Borders” by controlling what you look at, listen to, read and don’t hesitate to create social distance with those persons who are walking, talking balls of negative energy

Stay Safe, Stay Sanitized and Stay Socially Distant!