

LITABIX COACHING

36 WAYS TO
MANAGE YOUR
MINDSET

MANAGE YOUR MINDSET

FEELING OVERWHELM, FEAR, PANIC, ANGER

We are currently in unprecedented times. All of the UK is in lockdown and we are isolated in our homes. Our children are unable to attend schools and many people are being forced to work from home or even worse lose their jobs or businesses.

LOOKING FOR WAYS TO COPE? READ ON...

Each of us will be experiencing this time differently. People cope differently with situations and that's ok. I have pulled together 36 ways to help you manage your mindset in these trying times. Some suggestions will appeal to you, some won't just take a read through and use those that work for you. They are in no particular order.

ABOUT ME...

Hi, my name is Colita Dainton, a Success Coach who helps people young and old think differently about their problems.

I have a number of amazing tools in my coaching kit and help all sorts of people with positive mindset changes, confidence building, anxiety management, phobia removal, business growth and more.

This guide is written to help you and if you feel I could help you think differently or achieve your personal success, please do get in touch.



01

GET DRESSED

Dress for the social life you want, not the social life you have. Get dressed in comfortable clothes. Put on some bright colours. It is amazing how our dress can impact our mood. You could even have a glamour evening in!

02

SCRUB UP

Get showered, if you are really brave have a cold one! (this apparently reduces stress levels)

Take your time washing and be mindful of the process. Notice how the water feels on your skin, the smell of the soap. Close your eyes and allow the warm water to cascade over your head, taking deep breaths and relaxing your shoulders..make sure you have a warm fluffy towel ready for when you get out and give yourself a hug in it!

03

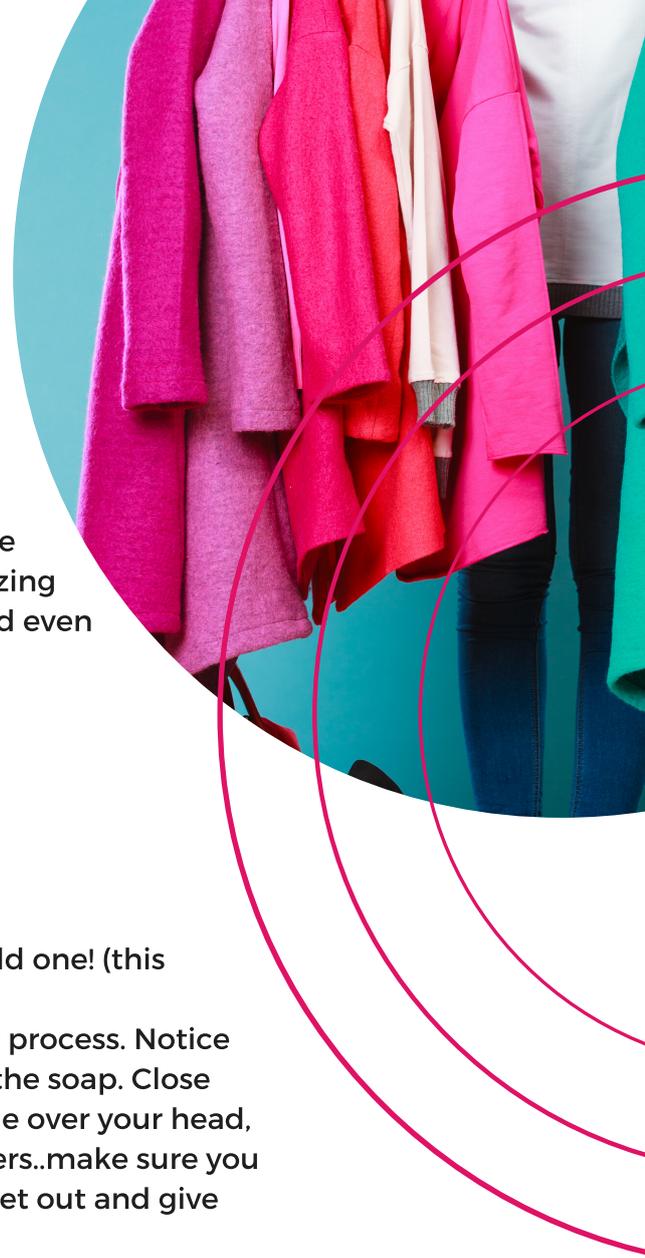
HYDRATE

Drink lots of water - stay hydrated. This tip may seem obvious, but stress can mean we find ourselves forgetting to drink water or we can be drinking far more tea, coffee or alcohol than normal. Keeping hydrated means our brain functions properly and also keeps our digestive system on track.

04

MAKE EATING FUN

Stress and eating often don't mix well, and we can find ourselves over-indulging, forgetting to eat, or avoiding food altogether. Eat good and nutritious foods, fresh fruit and vegetables regularly. Stick to mealtimes. Challenge yourself to learn how to cook something new! Step away from the calorie filled snacks. Perhaps give baking with the kids a go.





05

GET OUTSIDE

Exercise is a great way to change your mindset. Breathing fresh air works wonders for you, plus it gets that heart pumping and blood moving. Find local walks you can do, although being in the garden can be just as good, added bonus for sitting in the sunshine - topping up the vitamin D is good for all of us! . If you are concerned of contact, try first thing in the morning, or later in the evening, and try less travelled streets. If you are high risk or living with those who are high risk, open the windows and blast the fresh air. It is amazing how much fresh air can do for spirits.

06

SING

Even if you don't have the voice of an angel - who cares? Sing loud and proud, it makes you feel good. It can be fun and this is something the whole family can do - you can also find the lyrics of songs to singalong to on YouTube - grab your hairbrush and go for it!

07

ROUTINE

Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care. This will help to bring some normality to each day.

08

HOME SPA

Run a hot bubbly bath, light candles, soothing tunes and pamper yourself or make this a family affair. Soak your stresses away, give yourself a facial, paint your nails, Moisturise your body. Lower the lighting and relax. If you have a hot tub use the jacuzzi setting and bubble those stresses away.

09

CONNECT

Reach out and connect to others, at least once daily. Try FaceTime, Skype, phone calls, texting—connect with other people, friends, family and colleagues to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!

10

FORGIVE & FORGET

Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this. If need be stay away from those who bring you down.

11

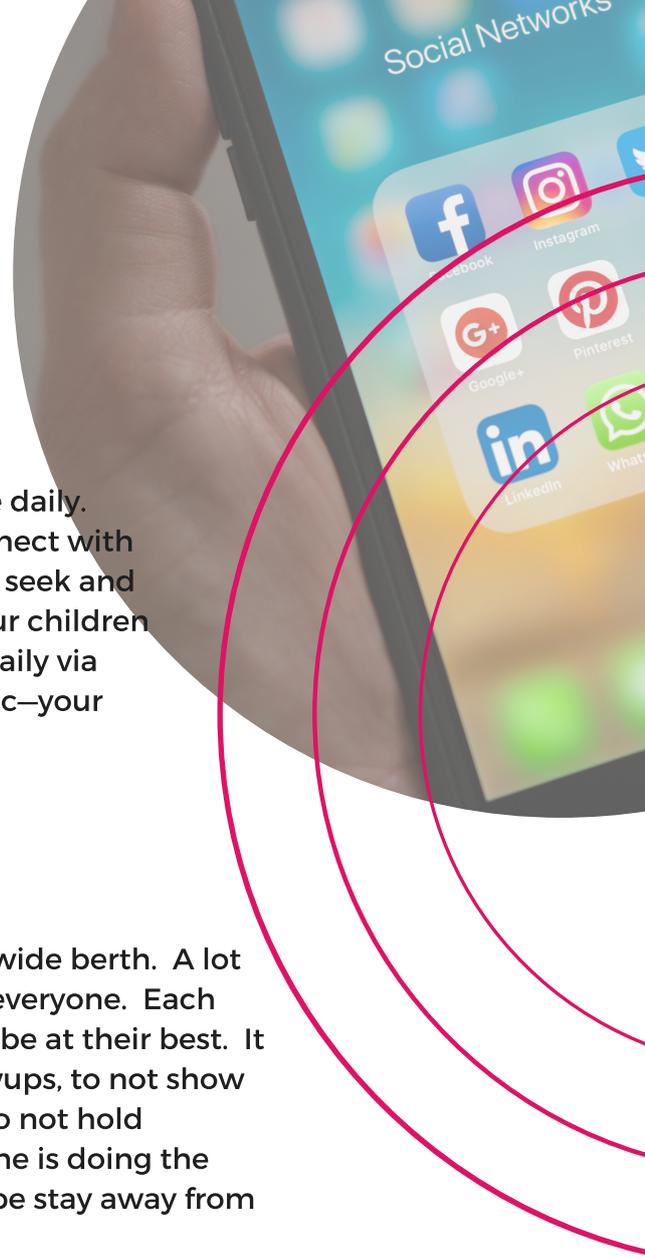
ZONE OUT

Give yourself permission to zone out occasionally. Find yourself a good film or programme on the TV and get lost in it. Watch something funny and laugh at it, just chill out and zone out...it doesn't have to be forever just a good hour or so.

12

READ

Grab a book and get lost in the pages, allow yourself time to relax with a book. Make bedtime fun with a story, bring the characters alive and be silly, use props around the room. Whatever is going on in the world outside doesn't matter when you are lost in storytelling world and your kids will love it (or your partner, even the cat!)



13

WRITE IT DOWN

Write what you are feeling down. Allow yourself to just write. No need to concern yourself with grammar or spellings, just write it down. You may want to draw pictures. Keep it as a safe place to express yourself and tell yourself how you are really feeling. Make a list of all that's worrying you, better out of the brain than in!

14

BREATHE

I know this sounds silly as we all breathe. Stopping to focus on your breathing can calm your mind. it doesn't where you are, practice on the toilet if need be. Take some long deep breaths. The type that push your tummy out. We want your chest to stay virtually still and your tummy to move, Breathe in for 4, hold for 4, breathe out for 4 and hold for 4 and repeat. Taking deep controlled breath will help to lower your blood pressure and give you a sense of calm.

15

GET ARTY CRAFTY

Get crafty - the internet has a million and one crafty suggestions. Pinterest is great for ideas. Use toilet roll middles, newspapers, paints, fabric, feathers, leaves just make something, a masterpiece maybe and get the kids to join in!! Our emotional brain is very receptive to the creative arts, and it is a direct portal for the release of feelings. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to express and communicate as well!! There are free theatre shows on demand and youtube, get exploring

16

COLOURING

Coluring can be great for mindfulness and being present in the moment. Either use a colouring book or create your own patterns, you can download them from the internet or just draw on paper then colour in. You can just use coloured biro's if you have nothing else. Just spend as long as you like colouring.

17

EMOTIONS

Recognise what you are feeling and when. Ask yourself, what am I feeling. Notice where you are feeling it in your body. Give that feeling a label. Give yourself permission to have those feelings, to notice them and then let them go. Whatever emotions they are it is ok to feel them. If they are negative emotions don't dwell on them. If they are positive emotions, really feel them and enjoy them.

18

STOP THE WORRY

Worrying doesn't stop the bad stuff from happening, it just stops you enjoying the good stuff! You can only control what is going on in your world and your environment. There is no point in worrying about the world outside or about things you can't control. Notice what you are worrying about and ask yourself "Can I change that?" If you can great change it, if you can't let it go or at least make a promise to fix it when you can. Focus on the present, the here and now and what you can change/fix/sort.

19

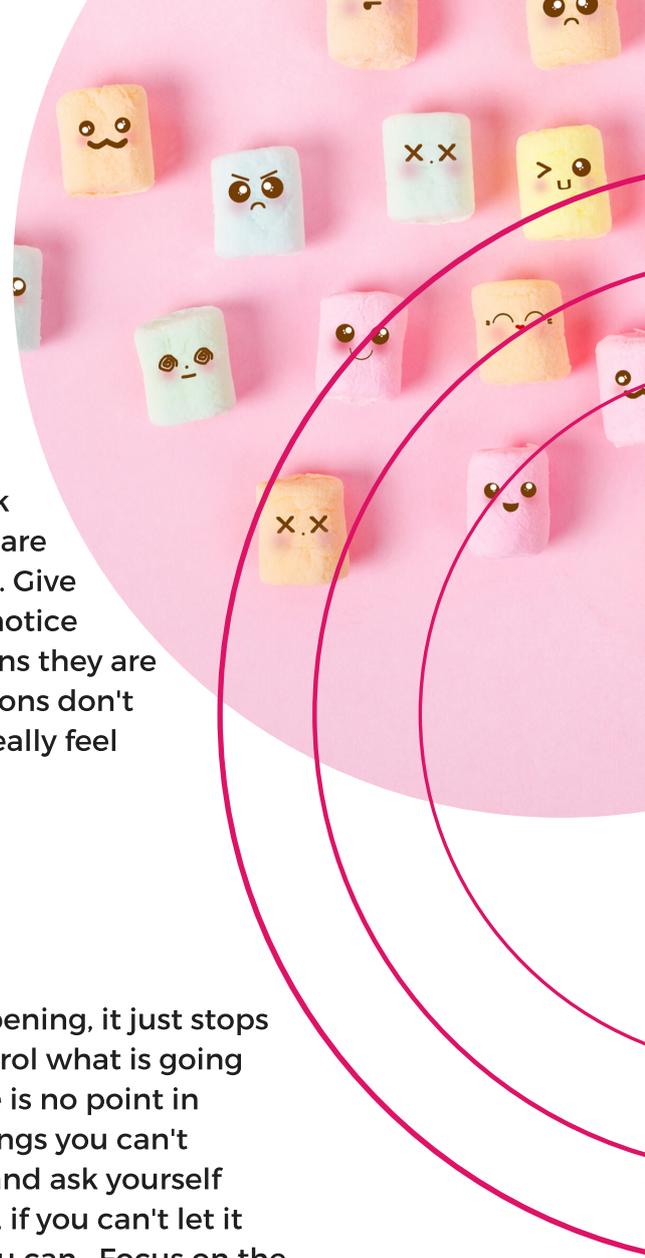
REMIND YOURSELF

Remind yourself, you were born to be real not perfect! Many of us deal with perfectionist tendencies. Some believe perfectionism is actually a form of procrastination - What have you been holding back doing? Just start. it may be crappy but that's how you get better and improve. Give yourself a break and make the best out of this situation. The kids won't care if you aren't the A1 teacher, they will just love your company.

20

BELIEVE IN YOU

Everyone is doing the best they can with the resources they have - you included! You don't have to be better than everyone else. You have to be better than you ever thought you could be! That is enough!



21

THOUGHT CHANGE?

Recognise your thoughts, notice what you are thinking and when you notice a thought ask yourself the question."Is this true?" When we explore our thinking more often than not we can recognise that the thoughts are not true. If you notice they are not true they will disappear!

22

WHERE IS YOUR FOCUS

What we focus on we get, so if we focus on everything being negative and bad, that's what we will get. Where as if we focus on the positive and looking at what we can do, things will shift. Stay away from negative social media, reduce the amount of bad news and people who are negative, it can make all the difference.

23

ANGRY?

If you feel angry get in the freezer!! Seriously if you are feeling angry, get a load of ice cubes or lumps of ice and throw them in the bath or in the garden so they smash..it may also be helpful to shout at them as they smash...allow that anger to come out smashing ice won't hurt anyone. You can go outside and scream, shout let it all out. It is ok to be angry, just don't let it consume you.

24

MUSIC IS THE FOOD OF LIFE!

Play songs that make you smile, turn the volume up and move your body...if your not feeling it just tap your fingers or toes, stand up and sway. Allow your body to move. If you can jump up and shake your thang....it really does make you feel good and if nothing else you can laugh at yourself!! Put on a family show, dress up, show up, host a coronavision concert!





25

CONTROL

We can't control what is going on in the world so how about finding something you can control in your world, and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group the toys. Re-arrange your food cupboards or music collections. This will help to ground you when the bigger things in the world are chaotic.

26

REALITY CHECK

Take a moment and create a reality checklist. Make a list of where you are right now, note things like the wall colours, the items around you, list everything one by one. Feelings. People, animals this helps to focus your concentration and mind.

27

PICK UP THE PHONE

Pick up your phone and make a call. Make the effort to call someone you haven't spoken to in a long time. An old friend, a long lost relative, a colleague that you are friends with. Not only will you be engaged and distracted you may just light up someone else's world. It is easy for us all to feel lonely and we all need the human connection and talking on the phone is the next best thing to human contact.

28

THE COMPANY

Who we spend time with in person or virtually can have a direct link to our mindset. Be mindful of those family, friends and colleagues who drain your positive vibes and fill you with doom and gloom. Do not be scared of distancing yourself from them and protecting your mindset by staying away from them. You can always disconnect on social media too!



29

SOCIAL MEDIA

You can waste endless hours on social media. It is a great way to keep connected with the outside world, family, friends. Just take note to stay away from the negativity and bad news (plus fake news). You can unfriend those people who share negativity, posts that upset you or affect your mental health. Be the sharer of positive vibes, rainbows and fun. Drown out and lose the bad stuff!

30

YOU TIME

It may be hard for you to find some quiet space just for you. Take some time to think about those things in life that energise you and recharge you, make time to squeeze this into your day. It may be locking yourself in the bathroom for 15 minutes. Going sit in the garden with a cuppa, doing some sewing, yoga stretches, watching your favourite tv show, gardening, painting your nails, listening to a podcast, whatever makes you feel alive...do more of that.

31

STICK TO THE TRUTH

Follow approved Government and World Health Organisation advice regarding how to stay safe and keep safe during this time. Please don't follow your aunties neighbours advice.. These guidelines are their to keep you and your family safe. Knowing you are following approved advice means a calmer mind, plus it will mean you stay safe.

32

TRUST IN YOU

You are stronger than you think. You can get through this and have all you need within you to survive. Practice positive affirmations, I am fit, I am well, I am healthy, I can get through this, I am a force for good, I am grateful. Make up your own and repeat as man times as necessary. The more we tell our brain, the more it belives us. Post it notes make great reminders. Post them everywhere.

33

OVERWHELMED

Overwhelm is not surprising, give these thoughts a go. Instead of "I can't do this, I can't cope with this feeling" Try "I notice I am feeling that's ok and this will pass". You can also take a deep breath and consider what is the very first thing you need to do right at that moment. Then do it, do not concern yourself with anything other than that one thing.

34

LESSONS

Everyday is a new experience and although it may seem tough take a look at what you are learning. Are you realising that you can have fun without spending money. Have you seen the simple things in life really are the best. That you can make a dinner with store cupboard ingredients. You really do love. Notice what you are learning and make a note, it may make for a positive read!

35

EXPRESSION OVERCOMES DEPRESSION

It is ok when you let your emotions flow because expression overcomes depression. Whatever you are feeling right now is ok. You will have days when it all feels too much. There will be days filled with laughter and joy. There will also be days where it feels dark and still. All of this is normal, you are just adjusting your sails! Give yourself permission to feel it and let it pass as that's how you get stronger and learn to deal with it.

36

SMILE

Take a moment to smile. Congratulate yourself for coming this far, for keeping going and adjusting and getting through day by day, If you need a hand smiling put a pencil in your mouth, hold it there and notice how it changes how you feel...again we are tricking your brain.





YOU ARE AMAZING!

I hope there has been something helpful in these top tips.

We are all struggling in one way or another.

We are in challenging times and adapting to new ways of living.

Together we will get through this...

Let me know if you found these tips helpful or if you have others that you would like to share.



WHAT NEXT....

If you want further support come and join my closed Facebook group where I share top tips, humour and support where and when needed - come and check it out

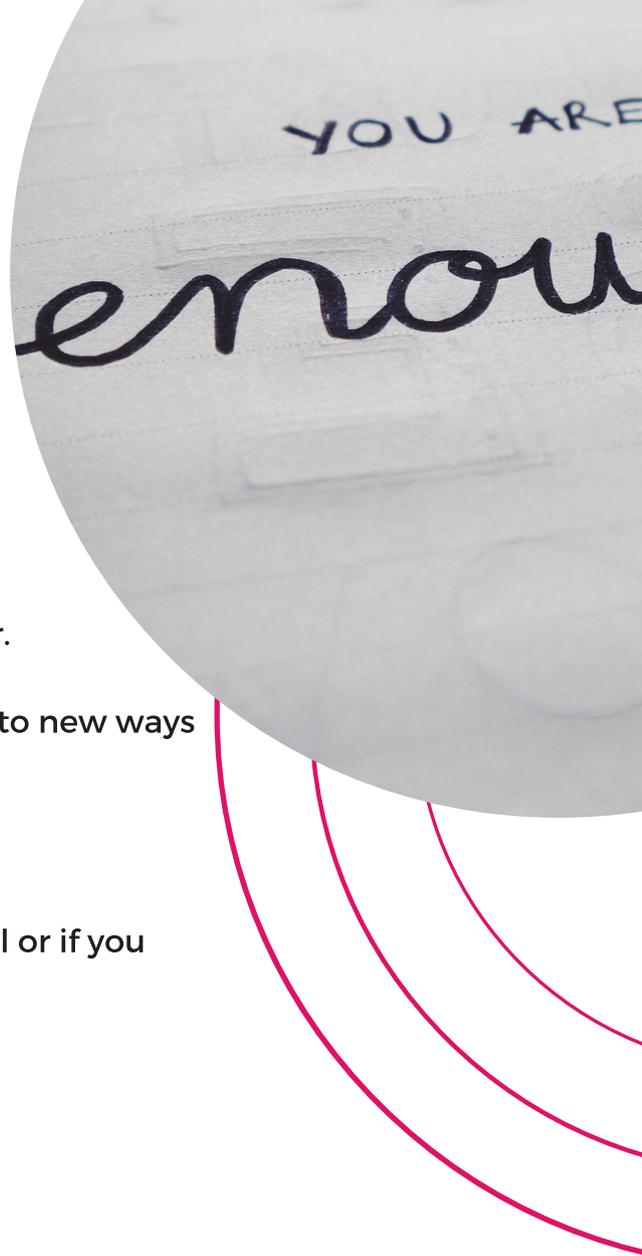
www.facebook.com/litabixlifesupport

If you would like to talk through your current mindset and get some help with your personal situation I offer single or multiple sessions. You can access a special discount, just mention 36 tips!

Get in touch coaching@litabix.com



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