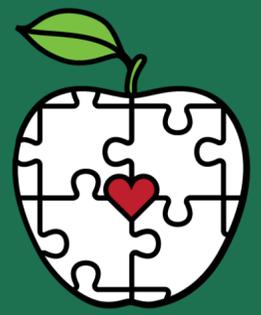


How to Thrive during a crisis.



10 ways to refind your joy and stay centered during COVID-19

10. Make a list of healthy ways that you can decompress when feeling stressed and then USE THOSE OPTIONS to cope in healthy ways. Your future self will thank you for it. As cortisol levels go up with stress, immune system defenses come down. We need our immune systems to help us process our exposures to COVID-19 as we move into the future

9. Find or rediscover ways to laugh and see the fun side of this world amidst the crisis - watch your favorite movies, TV shows, read a book, talk to a loved one about dreams and goals. Control what news you are watching and what you expose your brain to daily

8. Focus on what you are in control of - your choices, your thoughts, your actions

7. Stay in touch with your friends, family, and colleagues - FaceTime, telephone call, Zoom calls, video chat, there are a multitude of ways to stay in touch

6. Be aware of your thoughts and refocus when you feel them snowballing or catastrophizing → how do you WANT to feel right now? Find the thoughts that take you to that desired emotion and state of mind

5. Go outside, use sight, smell, hearing, and touch to stay focused on the NOW. Fresh air keeps us from feeling constrained.

4. Keep a gratitude journal - update it daily. Focusing on gratitude and what you DO have in your life is a technique to stay grounded and aware of all that gets taken for granted when times are tough or uncertain

3. Find new creative recipes and fun ways to use the food you have, eat to nourish, practice being aware of your hunger and your physical satisfaction while addressing your emotions and stressors with non-food options

2. Move your body - walk, stretch, jump, breathe, be in touch with your physical senses

1. Turn on your favorite music and have a dance party. Alone or invite your friends via social media or video chat. Dance your heart out. Be silly, tap into your inner child. Music and dance are important in our lives - they feed our souls. Feed your soul some love, life, and joy today

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