

# Lockdown Survival Kit





*Hey,*

I've put together this Lockdown Survival Kit in the hope that it will help a few people through these strange times.

Firstly, we're all experiencing this differently, and we're all going through different stages and emotions along the way. So please use this as a bit of a pick n mix style kit, dip in and take what you need when you need it, or of course give them all a try! Whatever works for you.

I am sharing the contents because I myself have found them to be helpful, comforting or uplifting, and I really hope you do too. I think we all know that getting fresh air, exercise, eating well and planning our way through these next few months (?!) are all super important, but there are already lots of wonderful people guiding us in these areas, so I'm not going over these things again here (but they are, as I say, important, they really are).

Whether you're juggling working from home with home-schooling, living alone and feeling lonely, a key worker perhaps with children at school/nursery, or are in fact flourishing in your personal and professional life, I'm sure you will find at least something in here that is just right for you.

Also, full disclosure, I think it's important to say that I don't religiously follow these, I have days where I don't do any of them. These things are intended to be uplifting and helpful, please don't see them as another thing to add to your to-do list and then use them as a stick to beat yourself over the head with if you don't do one every day!

Lastly, please feel free to share this with anyone you think may benefit.

Sending all my love

*Carys x*



# Happiness Booster Playlist

Scientific evidence has found many things that are proven to help improve your mood, however happiness boosters are unique to every individual. When you need an emotional boost this playlist can serve as a reminder of things that might quickly and effectively put a smile back on your face. It's good when you're feeling down and finding it hard to think of what will uplift you. (Adams Miller & Frisch, 2009)

Active recreation has more benefits for well-being than passive recreation (like watching TV).

**Write a list of 10 things that bring you joy/calm/happiness in some way.** (A few examples include gardening, hot bath, dancing, candles, specific songs, creativity, walking, Ted Talks, watching birds in the garden, moving the furniture around at home - that's on my list!)



# Circle of Control

It's so easy to get stressed out trying to do all of things in as little time as possible. Zoom out from the situation and ask yourself what you genuinely have control (or some level of influence) over, and let go of what you do not. I realise that this makes it sound rather simple, but it kind of is. There are literally only so many hours in the day and the truth is that you don't have control over absolutely everything. Focus on what you can control and let go of the rest, including the notion that you can work at 100 miles per hour every day and not burn out!

Here's a Circle of Control I've shared before, with some examples . On the following page you'll find a blank Circle of Control which you can fill out to reflect your personal situation.

Then pin it somewhere you'll see it every day, and when you notice yourself feeling stressed or bogged down, come back to this and ask yourself what you have control over. Do what you can, let go of the rest (or pass it on to someone who can!)



# Circle of Control

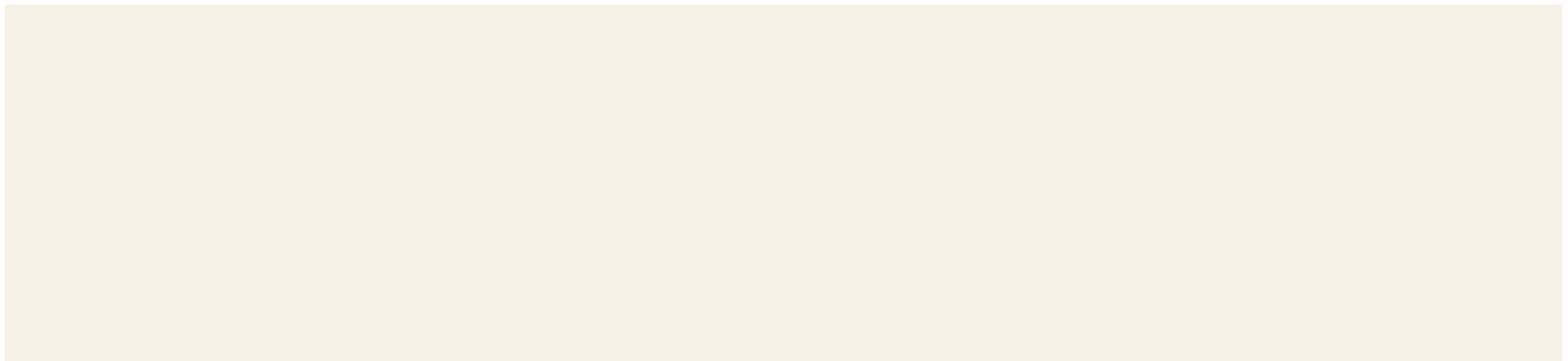
Here's your own template to fill in:



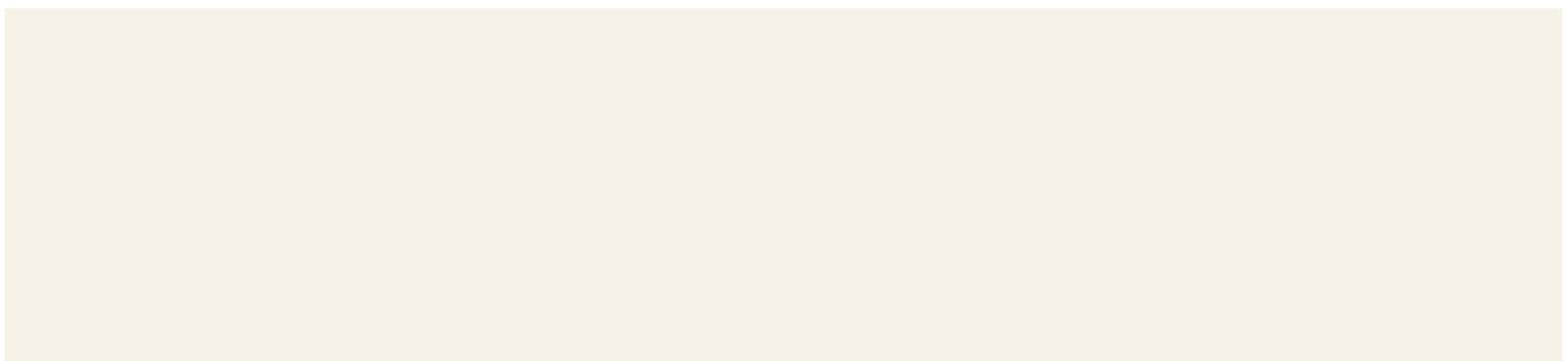
# Morning Journal Prompts

These are my own personal journal prompts. I love them because they're simple, and they help me to tap in to my own intuition so I can best understand how I can support myself each day. Like I did, you can write your own journal prompts if you prefer.

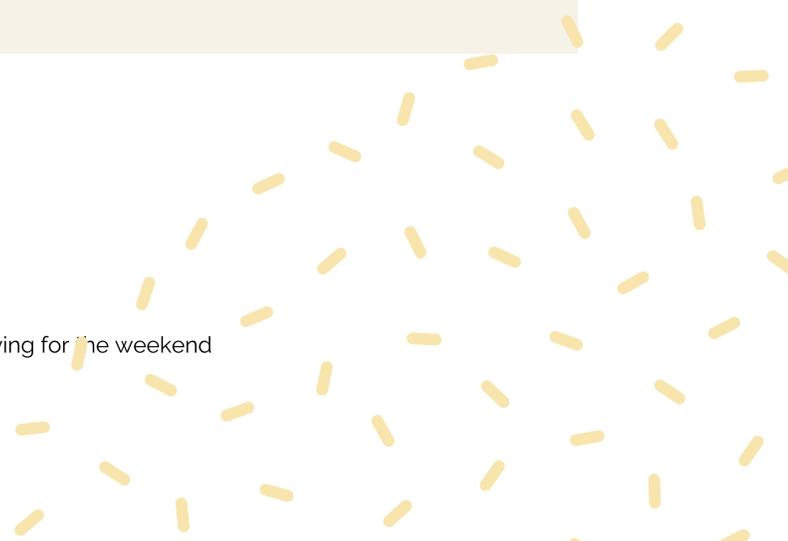
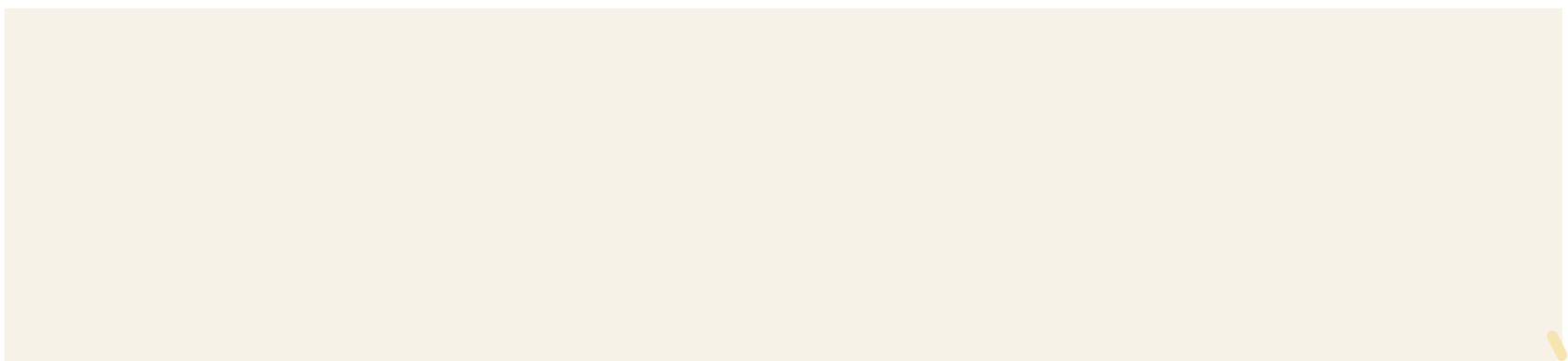
**What do I need today?** (could be lots of cups of tea, talking to a friend, a walk etc)



**What does my day look like today?** (lots of zoom calls, teaching, admin, nothing etc etc)



**How do I want to feel today?** (Asking myself this question - based on the above answer - sort of feels like setting an intention. I don't push myself to feel this way, but I find that I naturally behave in ways that embody the feelings I want to feel. Examples are: grateful, patient, confident, hopeful, organised etc)



## Some other favourites

The most important thing you can do is ask yourself what you need, that's why I really like the bespoke tools I've listed up to now. But here are some other suggestions which I find helpful and you may too.

### Breathe!

There are many different breathwork combinations, it's important to do what works for you. This is my favourite for calming my nerves and my adrenals:

#### Box Breathing

Breathe in for 4

Hold for 4

Breathe out for 4

Hold for 4

(Repeat for a minute or 2)

### Guided Visualisations

Your brain doesn't know what's real from what's imagined, so this can deliver the feel good feelings you get from a real life situation, and is a lovely bit of escapism.

You can also find ones that are specific to helping you drop off if sleep is becoming a problem.

My go to is Jason Stephenson - you'll find loads on Youtube - floating through space is my favourite :-)

### Savouring

One of my absolute favourites. You can plan in something you're going to savour today (mine is often a cacao), but you can also savour a lovely memory, or savour the anticipation of something to come. It only has to be 5 minutes if that's all you have. **It's simple, here's how:**

Switch off all other distractions

Be very present, soak it up

Notice everything about this thing

### Practice Gratitude

I find it most beneficial to choose one thing each day (I do this in the evening) that I have felt especially grateful for and spend a few minutes really thinking about it (you could write this down too). I think about why I'm grateful for it and even imagine life without it - for example when it's raining, I feel so grateful for our shelter & it makes me think of those without a home, which builds my gratitude (and empathy) further



## Support someone else



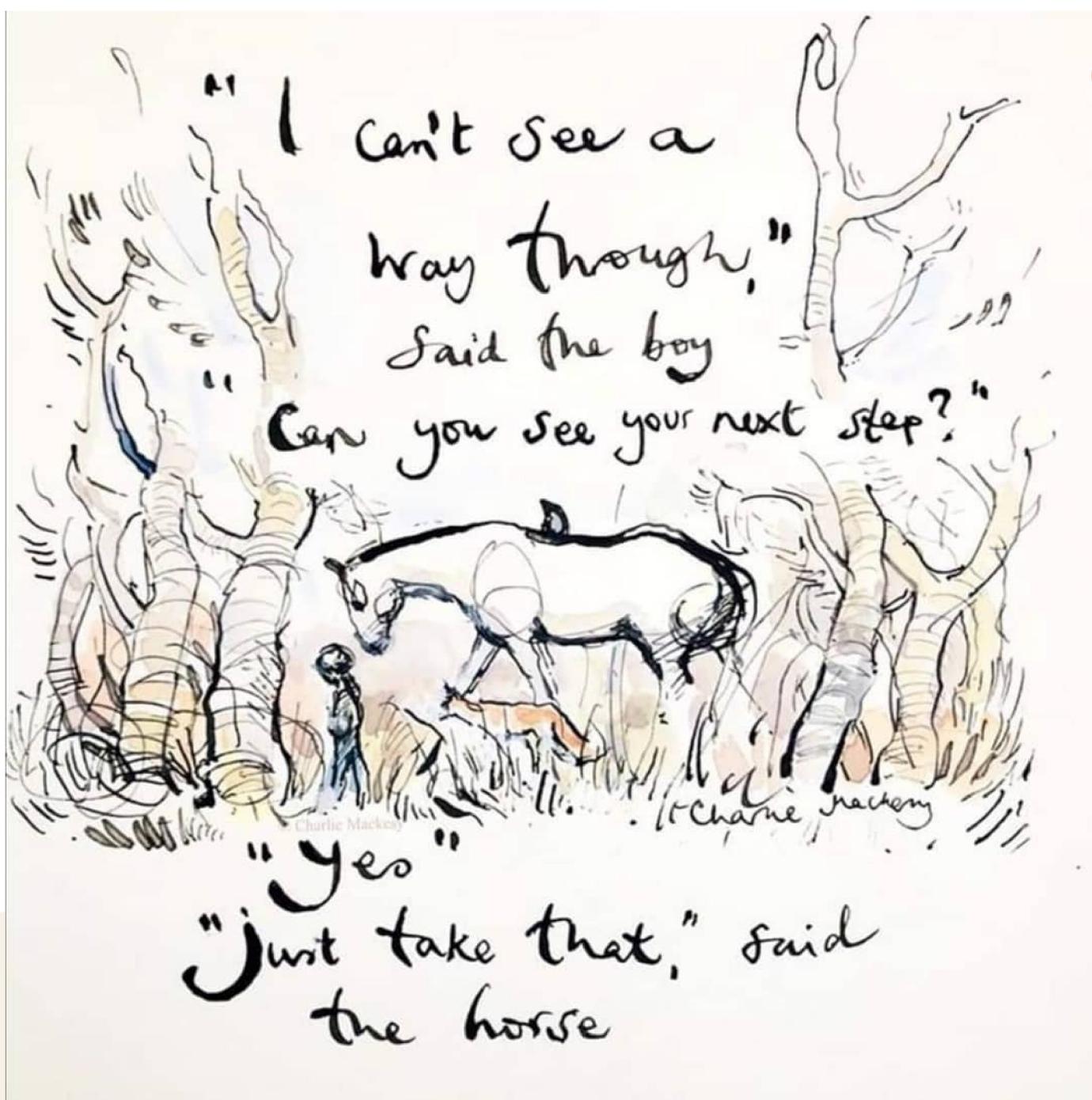
Ask yourself: who might need my support today, how can I support them? It could be a simple text to say you're thinking of someone, or something humorous to lift their spirits etc



# The Story of Two Wolves

**I'm sharing this because I love it so so much. It reminds me that we always have a choice.**

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too." The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?" The old Cherokee simply replied, "The one you feed."



# Thanks

I really do hope this is of some use to someone out there. Do you have any other favourite tools or anything for getting through strange and sometimes hard times? Please share!

I'll leave you with these reminders:

- 1) Your worth is NOT measured by your productivity!
- 2) Crying is your body's way of regulating itself. Your tears literally contain stress hormones. Stop holding that shit in! (Amanda E.White)
- 3) You're doing fucking great!! Seriously, you're doing the best you can, given the circumstances, the way you feel today (and possibly the way your children feel!) and the amount of energy you have
- 4) This too shall pass. It will and we will get through it. I know there has and will be loss and for some life will never quite be the same again, we must respect that. But there will be a time in the not too distant future when you are sat with your family and friends reflecting on this crazy time, on how resilient we all are and feeling so incredibly grateful for each other. You will laugh at your attempts to home-school / the times you left your underwear hanging to dry in the background of an important zoom call / the days in a row that you stayed in your PJ's!
- 5) Spring is around the corner!

Stay safe, stay sane, reach out for help when you need it.

All my love

*Carys x*

## **p.s You can find me here:**

- Instagram @ caryshughes\_careercoaching
- Facebook @ caryshughescoaching (you can also join my Facebook Group - Happy at Work)
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