



2020 Series

STAYING MENTALLY WELL DURING THE

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**CORONAVIRUS OUTBREAK**

**NO CONTROL  
CHANGE  
UNCERTAINTY**



YOUR MIND...





# WHAT'S NEEDED TO PERFORM WELL?



▶ Fuel



▶ Maintenance



▶ Gears



# HANDLING THE CHANGES AND THE CHALLENGES



# FUEL FOR YOUR MIND...



# HOW ARE YOU FUELLING YOUR MIND?



- ▶ Good fuel & bad fuel
- ▶ Become aware of how different fuel effects you
- ▶ Consider type, quantity and time of day
- ▶ Physical fuel (e.g caffeine, alcohol, exercise, sleep...)
- ▶ Psychological fuel (e.g people, social media, news...)



# MAINTENANCE FOR YOUR MIND . . .





# HOW ARE YOU MAINTAINING YOUR MIND?



## Routines, rituals and habits

- ▶ Sense of certainty & reduces deliberation
- ▶ Become aware of works for you and what doesn't
- ▶ Consciously adopt routines that help
- ▶ Physical (e.g morning routine, breaks, activities)
- ▶ Psychological (e.g beliefs, thought processes, self talk).

# GEARS – CONTROLLING YOUR MINDSET





▶ Change your physiology



▶ Change your focus



▶ Change your words

# CHANGING GEAR QUICKLY – SHIFTING YOUR MINDSET



# SUMMARY

- ▶ The current circumstances are challenging
- ▶ A rollercoaster of complex emotions is normal
- ▶ It's possible to control our mind state but it takes awareness and practice
- ▶ Our intake (fuel), our routines (maintenance) and our ability to switch state (gear change) all effect our wellbeing particularly when facing challenges
- ▶ The first steps are to become conscious of what works for us and what doesn't
- ▶ Articles, resources on [skybounders.com](https://www.skybounders.com) including access to a Nationally Recognised Certificated Mental Health Awareness course with free in-depth training course on strategies for Wellbeing during the Coronavirus Pandemic





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MAKING HAPPINESS AND WELLBEING A PRIORITY