



7 WAYS TO KEEP A HEALTHY MINDSET DURING SELF ISOLATION

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Use this time in your life to stay uplifted and tap into positive potential. Arrive on the other side of self-isolation feeling motivated and ready to move forward to the next chapter of your life.



KEEP A GOOD ROUTINE

Get out of bed and kick start your day with some good habits that will set you up for a great day ahead, feeling productive and ready to go. Do your best to get up at the same time, and get ready just like you would on a normal work day, then wind down and go to bed at the same time each night. To keep yourself on track, write down 3 intentions for your day. These can be work or personal, that you would like to commit to, so your day has some structure, and you can look back at the end of the day with a sense of fulfilment.



GET YOUR BODY MOVING

It can be easy to become a bit couch bound, but how about rolling over onto the mat instead? Happy Melon are offering on-line Fitness, Yoga and Mat Pilates via HM LIVE. Their incredible teaching team are guaranteed to get you motivated and breaking a sweat in your own loungeroom.



BREATHE

With so much going on in the world, and the adjustments you may have to make in your own personal life, it's understandable that stress and anxiety can arise, and one of the best tools you have to keep calm is your breath. Try breathing into your belly for a count of 4, and out for a count of 6. When you exhale for longer than you inhale you bring yourself out of the fight, flight, freeze response. You also signal to your mind and body that in this moment you're safe and okay.



BE IN THE MOMENT

We've never needed meditation and mindfulness more than we do now. The more you can be in the present moment, the more you will feel a bit more peace and ease in your life. Now could be the perfect time to give meditation a go, or to make it a part of your regular routine. Happy Melon have 15 meditation classes throughout the week to help you to develop your practice (Monday 8.45am complimentary class for all).



GET OUTSIDE

Taking a walk not only moves the body, but gets you out into the daylight, which raises your serotonin levels, the neurotransmitter that increases feelings of positivity, boosts your memory, helps to regulate your mood and even your appetite - which let's face it is a bonus if you're making a lot of trips to the fridge!



STAY CONNECTED

Now is the perfect opportunity to connect to friends and family who you might not ordinarily get to spend time with. Even though we're distanced physically, platforms like Zoom, Skype and House Party, makes connecting with loved ones easier than ever before. Also remember to reach out to people who might be extra vulnerable at the moment to check in on them.



PRACTICE GRATITUDE

When we're grateful we feel more resilient, it boosts our immunity, it helps increase positive emotions and our happiness. Remember all the good in your life, and what is still going well. You might even like to make writing 3 things your grateful for a part of your morning, or evening routine.

While we're currently in a new normal, this time will pass soon enough, and you can make it a time to look back on that created new potentials, even fitter and healthier, having built some fantastic new practices that you can take with you when you emerge.

Most importantly be kind to yourself, acknowledge and welcome all emotions and feel good knowing that we are all doing our best during these challenging times and we're all in it together.

**GET THE MIND RIGHT AND
THE BODY WILL FOLLOW.**

