



Simple Tips For Balance & a Healthy Lifestyle *During COVID-19 & Crisis*

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A Shock to the System

- Personally & Globally
 - Can expose 'holes'/what's not sustainable
 - Choice to change versus force
 - We're used to making our own choices, especially throughout our evolution as society & nation
 - Maslow's hierarchy of needs describes our basic physiological instinct (food, shelter) at the bottom, & self actualization (evolution) at the top. Now it's jumbled.

A Shock to the System (cont'd)

- Personally & Globally (cont'd)
 - Instant gratification versus trust
 - We can 'work the system' to get what we need, to whatever degree; except the 'system' is crumbling.
- Questioning where/what/who else in life needs to change
 - Challenge to our basic needs (including material) & perhaps sense of self

COVID-19

- COVID has been around for decades- the problem is this strain
- It's unknown path is as unknown as our life/world
 - No 'first line of treatment' – even ER docs were unsure
 - Only affected some, now everyone
 - Wide range, severity, and combination of symptoms
 - Tests aren't 100% accurate
 - A virus can mutate – we can't control/quite know it's next mutation
 - Different reports in the media
- Humans are social beings, yet we are told to isolate
- In many ways this is psychological warfare

Mechanism	Description	Example
Repression	Repression is an unconscious mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious.	During the Oedipus complex aggressive thoughts about the same sex parents are repressed
Denial	Denial involves blocking external events from awareness. If some situation is just too much to handle, the person just refuses to experience it.	For example, smokers may refuse to admit to themselves that smoking is bad for their health.
Projection	This involves individuals attributing their own unacceptable thoughts, feeling and motives to another person.	You might hate someone, but your superego tells you that such hatred is unacceptable. You can 'solve' the problem by believing that they hate you.
Displacement	Satisfying an impulse (e.g. aggression) with a substitute object.	Someone who is frustrated by his or her boss at work may go home and kick the dog,
Regression	This is a movement back in psychological time when one is faced with stress.	A child may begin to suck their thumb again or wet the bed when they need to spend some time in the hospital.
Sublimation	Satisfying an impulse (e.g. aggression) with a substitute object. In a socially acceptable way.	Sport is an example of putting our emotions (e.g. aggression) into something constructive.

Another Perspective

- Global change
 - We've evolved as a species quite quickly in the past few hundred years- especially in past 50-60 years
- Personally, this is your time
 - On deathbeds people always state it's who they are rather than what they have
 - Working with/learning from others (personally, then can have global effects)
- Deep Impact (movie)
 - Government official quit his job to spend more time with family

Fear and the Body

- Anatomy & Physiology of fear/fear response
 - HPA axis; ‘flight or flight’ vs ‘rest & digest’
 - How it affects our brain/memories
- Physically
 - Sweating, weight gain, bloating/gut issues, skin breakouts, insomnia, hormone imbalance, fatigue, mood disorders, heart palpitations, etc.
 - All of these can affect how we react.. Which can worsen our physical state
- How do we listen to all of this?

Transmuting Fear into Peace

- Positive thinking can balance this out
 - It's not 'think good thoughts', but acknowledge and talk through your fears
 - Requires letting go of ego/attachment
 - Leaves room to trust that you will always know what to do
 - Recognize fear as an emotion. For example:
 - What are you ruminating about? Why?
 - What are ways you can take care of yourself in this moment?

Effective Day-to-Day Shifts

- Mindset
- Physical health/habits
 - Check out videos for various types of classes
 - 30 minutes daily movement
- Your day-to-day lifestyle
 - Reconnecting with friends, family
 - Embark on that new hobby
- Natural remedies/lifestyle tips
 - Drinking half body weight in ounces of water
 - Stand with bare feet in the dirt
 - Half your plate with vegetables

Thank you!!

*You can connect with me on multiple platforms
for lots of additional info & strategies below!*

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