

## Physical

[info@realclearcoaching.co.uk](mailto:info@realclearcoaching.co.uk)

Plan healthy meals  
Get fresh air  
Move your body  
Drink more water than you would normally need  
Watch your posture - sit and stand tall  
Stretch your body  
Limit/reduce your unhealthy habits - what does your future self want for you?  
Breathe more deeply, we often shallow breathe when stressed  
Take a multivitamin, especially one with vitamin D

## Community

Connect with others who are good for you  
Do what you can to help others but don't burn out  
Join online learning/social groups that feel good  
Have down time from what's happening 'out there'  
Try not to take on the entire burden of society, you can only do what you can do  
When your loved ones are feeling low, remember you don't need to fix them, just listen  
Be a role model - follow the rules in place to keep everyone safe

# Real Clear Mental Fitness tips for Covid-19

## Mental

List concerns and plan for those you can control/improve  
Distract yourself from negative thoughts about things you can't change  
Use positive mantras that start with 'I am' e.g. I am strong, I am safe  
Limit news and social media  
Notice what's good/what you appreciate each day  
Set and achieve goals, even if they're tiny they shift your focus onto something productive  
Meditate  
Take regular breaks from screens  
Remove distractions when working  
Make a list of your personal strengths  
Beating yourself up for not being/doing 'enough'? Stop!

## Emotional

Observe how your feelings change in the day.  
Remind yourself to smile to release positive biochemicals  
List what you're grateful for  
Start and end each day with a positive  
Aim to be a mood lifter not a mood hoover  
Deliberately imagine/remember something that feels good  
Laugh!  
What might trigger you into low mood? Reduce or eliminate triggers  
Talk to colleagues if you are finding it hard to achieve work targets  
Trying to be perfect? Stop! Be good enough instead  
Get as much personal space you can  
Watch uplifting or funny programmes