



# 10 ways to be your best self during Covid 19

1. **We are one people.** Remember we're all in this together. Everyone is suffering in some way around the world. Either financially, mentally, emotionally or physically. The rich, the poor and everyone in between are in the same boat.
2. **Be honest with yourself.** It's ok to feel scared or uncertain. Let it out. Cry, yell, get mad, talk it out, be still ... do whatever feels right. Suppressing your feelings is harmful to your immune system.
3. **Meditate.** Consider a simple meditation and some gentle breaths to keep yourself balanced. (Insight Timer phone app)
4. **Be kind.** Consider each day as an opportunity to be kinder to yourself and others. Your frame of mind is a boost to your immune system.
5. **Say a few prayers.** Take this opportunity to reconnect to your spiritual self.
6. **Be grateful.** Write a list of things you are grateful for, from the large to the small and everything in between.
7. **Sort, clean and simplify.** Take the self-quarantine time to get organized and make your home or environment feel good.
8. **Stay as positive as you can.** Listen to uplifting music, read something inspiring, watch uplifting media, write a letter to a friend, do projects with your family, dance, exercise, laugh, paint, do crafts, make a video, write a song, etc. How you feel determines your physical resilience.
9. **Help someone if you can.** Share your resources, love or time, or just pick up the phone and let someone know you're thinking about them.
10. **Remember the power of the moment.** Resist the urge to live in the stories of what might happen. Decide what you will do today and give your body a break from 24/7 worry and overdoses of Adrenaline, Beta Endorphins and Cortisol. These all weaken your immune system.

A message of love from your friends at [www.soul-hub.com](http://www.soul-hub.com).