

5 Things a Girl Can Do to Manage our Crazy World Right Now

Whew! It's been crazy lately since most of us in the world are under a quarantine lock down or shelter at home orders. Our clients are asking us every day what they can do to stay sane and not lose their minds, so we created a quick check list of tips that we have found are the most helpful right now (or anytime frankly). So here we go:

- 1. List 3 things each morning & night that you are thankful for.** Yeah, yeah, we know that it's an easy thing to recommend BUT we've seen that it work! Did you know that you can't feel sad/anxious/depressed AND thankful at the same time?? This is why we're suggesting to do this ... look around you right now to see what you could focus on and feel grateful for. Are you thankful that you're still able to work right now albeit at home? Are you thankful that you can snuggle with your babies any time you want during the day? Are your flowers blooming today? These are the things that you can touch base with each time you start to feel sad or anxious and this will snap your brain away from the things that make you sad into things that make you feel thankful. Try it and follow our Instagram account as we've launched our own gratitude journey with our therapists.
- 2. Take your damn supplements!** Okay we're not medical doctors here, just one girl to another, but for real, supplements can help you boost your immune system. We personally are taking Vitamin C, Zinc, Vitamin D and B each day and have been doing this for years and haven't even had a sniffle. Check it out!
- 3. Keep a routine!** One thing that we've found working from home is getting up at the same time every morning, taking a shower and actually putting on underwear, keeps us centered and focused. Does it mean that you gotta get all dressed up in your fancy pants for work? Nah, but having some kind of routine really keeps depression at bay as it reminds you that you are a human being. Try it!
- 4. Give yourself a freaking break!** Yes, we're serious here. Ignore all the social media pressure to do and be and learn right now. Maybe you don't feel like reorganizing your pantry or learning a new cooking skill and that's ok! Give yourself permission to just do the best you can each day. Maybe some days you'll get a boost of energy where you decide to try that no knead bread that's circulating the internet right now (amazing!! we tried it) or to start learning how to meditate, etc. But most days, just getting the kids fed, yourself showered, and work completed is ENOUGH. Honor yourself and your moods and just go with the flow: do what feels right and what feels attainable. We give you permission to just lean into your day however it might look. We are doing the same thing!
- 5. Feel your feelings!** Feel sad? That's perfectly normal and ok! Feel good? Awesome! Lean into it! Feel worried? We get that! Our point here is that our emotions are just feelings ... you don't have to do anything with them if you don't want to. Try this: let your feelings glide over and don't do a damn thing, just watch them go by because most of the time, feelings lessen after 30 seconds. Test it and see for yourself.

That's it! Let us know if you have more tips we can pass on! Follow us on Instagram: @EmpoweredConnections or Facebook: @EmpoweredConnectionsLLC for more tips each week on how to take good care of yourself! For more information visit us online at www.empoweredconnections.net

