



ADAPTING WELL

to your new reality

As the Coronavirus (COVID-19) spreads around the world, we are all making huge adjustments to our daily lives. Changes we don't design for ourselves can be particularly challenging, so I hope this brief guide will provide ideas for adapting well, even as government rules and social norms update every day.

This isn't an exhaustive list by any means, but I hope there will be at least one idea that you can take away and make your own. And perhaps this is the secret – as we are all learning to live with greater physical, social and geographical limitations, ask how you can stretch your imagination, express what matters most, and adapt positively to the swirling world around us.

- Take one day at a time – your **emotions** and **energy** will fluctuate and allowing that to be the case and adapting your expectations will help
- Pay attention to the **emotions** you're experiencing and see them for what they are. Don't fight against them, but know that they will pass
- Notice which of your **values** is being triggered by this crisis and exercise it more consciously. You will feel your sense of control grow
- When your **energy** is low, rest; when you are bubbling with energy, get productive
- Yesterday > **Today** > Tomorrow - focus on the present
- **Laughter** is a great anxiety-buster, so watch your favourite comedy shows, share funny stories on social media, and tell each other jokes
- **Activity** – get out in the fresh air (at a safe distance and according to local restrictions); create a regular dance break to boost your mood and flex your muscles; use an online exercise class
- Choose **music** to soothe, to lift your energy, or to raise your mood
- Stay **connected** in virtual ways that work for you – join online groups (especially in your neighbourhood); use video platforms like Skype or

FaceTime for catching up with family and friends; phone someone who's alone; email or message someone who needs to hear from you

- Have fun with a **craft or art** – you can use your hands and give your thinking brain a rest. Knitting, doodling or vision boarding are great
- **Escape** and immerse yourself in other worlds – read books, watch films, listen to the radio or a new podcast
- Limit Coronavirus and 24-7 **news** – choose one update per day to stay informed about changing guidance, but don't overdo the reporting
- Practise **Mindfulness** as a way of focusing on the here and now; listen to your favourite meditations; practise stillness
- Create a personal **daily schedule** and include what you need to thrive while physically distanced – choose your own segments like *energy-boosters *interests *purposeful activity *spiritual *social connection *fresh air *escape *movement. Mix these up each day to bring variety and accommodate changing energy and mood
- Make a daily list of everything you are **grateful** for and every little thing that brought you joy in your day
- **Share** the good stuff with your family and friends, your clients and colleagues – it's up-lifting to see how other people are making the best of the situation

This is a starting point! As we work our way through the next few weeks and months, we'll all be drawing on our creative resources, our resilience and our connectedness. Together is so much better! And remember that **adapting** is a verb and a work in progress. We all need to make allowances and be kind.

I'd love to hear your ideas and how you're adapting to this new world. Get in touch at: becky@freestyle-careers.com or message me on your favourite social media channels @freestyle-careers / Becky Kilsby (LinkedIn).

Take care – and keep adapting!

Becky x

