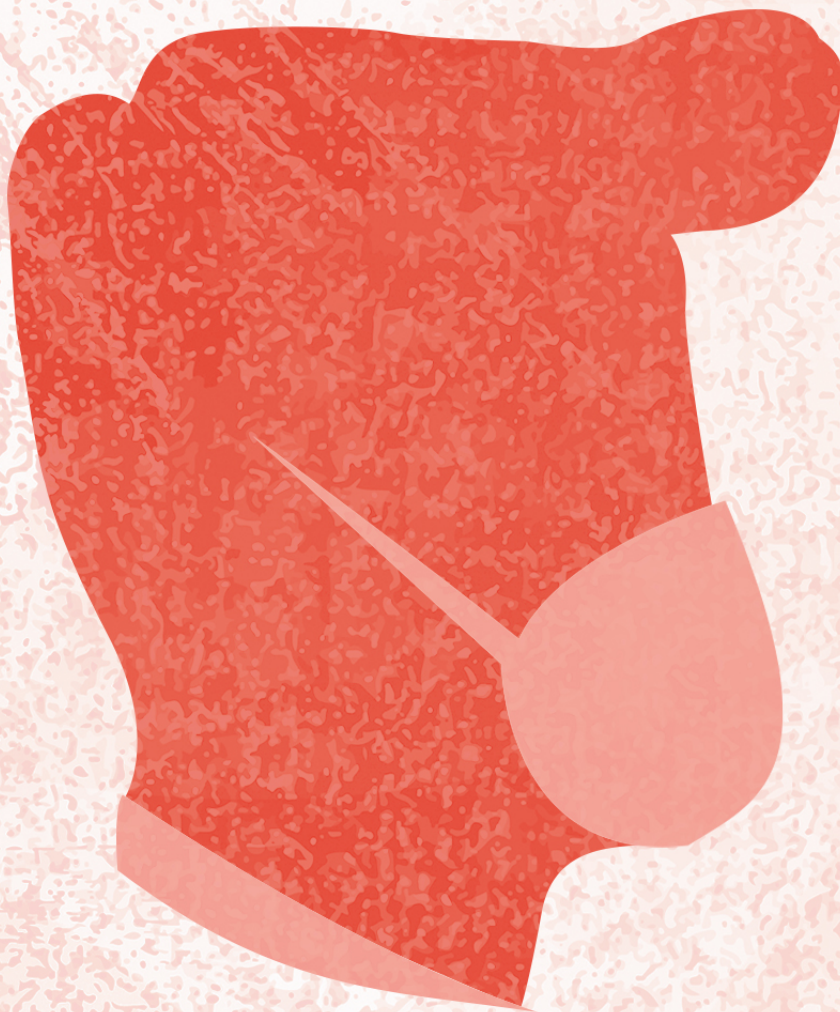




EMOTIONAL HYGIENE



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EMOTIONAL HYGIENE

TAKING CARE OF YOUR MIND IN UNPRECEDENTED TIMES

Many individuals, couples, families and friends will be at home for an unspecified period of time, cooped up and not allowed out. It's going to be challenging and stressful for everyone concerned. We are all left in a mild state of uselessness, questioning how long we can last?

We are constantly bombarded by news and information from radio, TV, social media, viral text messages and word of mouth - these varying perspectives are creating panic. We know that this virus is serious, our world has changed and this pandemic is unprecedented in our generation, however there is so much unknown and this curiosity and fear of the unknown is driving anxiety.

The anxiety in society is palpable and I often wonder how many people are going to be more seriously affected long term by the virus without being infected by the virus - I am referring to the psychological damage that will be done to so many people during this difficult time.

We have been told to wash our hands and perform good personal hygiene because the virus is highly contagious – **BUT**, no one seems to be helping us to perform good emotional hygiene. Metaphorically speaking - How do we wash the hands of our minds?

The Covid-19 Kit is a psychological first aid kit. I have curated information and exercises that you can do daily, whilst we are fighting this virus to help keep your psychological wellbeing and emotional hygiene in tip top shape.

Dr Mike Kelly



SECTION ONE

BE PRACTICAL

Create routine - Make a plan each day. Creating a routine allows you to manage your time and makes us feel that we are doing something useful. Having a structure helps us with psychological time.

Eat healthily - Eat at least five fruit and vegetables daily to boost your immune system - eating at set times is helpful with setting routines. Try not to overeat especially as the chances are your activity levels may have fallen.

Exercise - You don't need to go to the gym to exercise. For those of you who are physically able to exercise - you should. Exercise gets rid of toxins and releases endorphins which helps with mood. You can use your stairs, a can of beans as weights, your bed and your floor to help do your exercise.

Remember that staying active is good for you, so don't sit for more than an hour at each time. Look online for a reputable trainer who offers some free home exercise options. Make sure you exercise according to your ability and most importantly be safe!

Fresh air – We are not allowed to gather in social groups and in fact we are not allowed out (except for allowable reasons) but that does not mean that you shouldn't seek fresh air. If you can utilise a garden or park area then you should do so, if you don't have the physical ground then open a window and air out your house.

Hobby - Is there something that you've always wanted to do but never had the time to do it? Starting a hobby is creative and will pleasantly challenge you and stimulate your mind in new ways. There are many things that you can do indoors (reading, sewing, DIY, learning a new language online).

I've included the following exercises to help you organise all the practical stuff that you must continue to uphold throughout this pandemic.

- Daily To-dos
- Monthly Budget
- Weekly Meal Planner
- Exercise Log

DAILY TO DO'S

DATE:

TASK LIST

-
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-
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-
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TODAY'S GOALS

Four horizontal pink bars for writing today's goals.

EMAILS & CALLS:

NOTES:

UNFINISHED TASKS

MONTHLY BUDGET

EXPENSE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual
HOUSING								
Mortgage/Rent								
Maintenance								
UTILITIES								
Electric/gas								
Water								
TV								
Internet								
Phone/MOBILE phone								
INSURANCE								
Home/Car/Life								
CAR								
Monthly payment								
Fuel								
Maintenance/repairs								
Public transportation								
FOOD								
Groceries								
Meals out								
ENTERTAINMENT								
Events								
Travel								
SERVICES								
Medical/dental								
Hair/personal care								
Other:								
MISCELLANEOUS								
Clothing								
Education								
Charity								
Savings								
Other:								
DEBT REPAYMENT								
Loans								
Credit cards								
Other:								
TOTALS								
Monthly Income =								
Planned Spending =								
Actual Spending =								
Over or under amount=								
					NOTES			

WEEKLY MEAL PLANNER

	Breakfast	Lunch	Snacks	Dinner
M				
T				
W				
T				
F				
S				
SU				

EXERCISE LOG

	Activity	Duration	Sets	Reps	Weight
M					
T					
W					
T					
F					
S					
SU					

SECTION TWO

EXERCISE FOR THE MIND

Think your best thoughts.

It is fundamentally important that you take the time to think about what you're thinking about, and correct immediately if those thoughts take you in a downward spiral.

Take time to relax in a comfortable space and practice positive affirmations, envisage a better and more positive future and learn to appreciate yourself in your personal time of meditation.

Which leads me on to practicing gratitude. Whilst it may not appear as obvious, they're always reasons to be grateful. Developing an attitude of gratitude in difficult times helps with your emotional hygiene, it is metaphorically a good scrub down.

Be grateful for things that you may take for granted including your family, friends, neighbours, NHS and simply for the fact that you are alive. If you start with those few things other reasons to be grateful start to flow.

Having this positive psychology allows you to modify your perspective and the psychological payoff resists depression, anxiety and frustration.

I've included the following exercises to help you with meditation and gratitude practices:

- Gratitude Journal
- Visualisation
- Vision Board
- Positivity Mantra

GRATITUDE JOURNAL

I AM GRATEFUL FOR		
M		
T		
W		
T		
F		
S		
SU		

VISUALISATION

It's important to be as relaxed as possible when you visualise. You can visualise whilst lying down in bed or in a comfy chair (*you may want to sit crossed legged if you can*). What's most important is that you won't be disturbed. Put on some comfortable clothes, light a candle or put on some chilled music - the more relaxed you are before you start, the better your visualisation will go.

When you are comfortable, try to clear your mind, stop any racing thoughts and start to focus on your breathing. Pay attention to the gentle rise and fall of your chest, breathe all the way in, and push the breath all the way out. Breathe slowly and deeply... slower and deeper... As you slow your breathing, you will notice yourself start to relax and feel really good. Spread this great feeling all around your body for a few more minutes until you feel calm, relaxed, warm - and ready to proceed!

Now focus on your chosen subject, imagine yourself acting the way you would act *if your goals had already been achieved*. See yourself as a confident, successful person - in as much detail as possible. The key is to make the pictures in your mind as bright and vivid as you can, really see yourself acting the way you want to be.

For example: If you desire more money, visualise yourself pulling out your wallet, knowing you have the power and resources to pay for the thing you want. Pull out the cash and count the money or pull out your favourite card you are carrying on you. Notice how all this feels. If it is cash observe the texture and the size... Imagine going online and checking your account balance. *Notice how it feels* to have the money and be in control of your finances.

This may sound far-fetched, but...

To succeed with visualisation, you must generate the same feelings and emotions that you would have if you had already accomplished your goals.

Seeing the pictures in your mind is not enough - you have to inform your brain which *feelings* it has to look out for. Envelop yourself in these wonderful positive emotions. Experience exactly what you would experience if your dreams had come true. You will no doubt feel joy, pride, success, happiness, wealth, confidence and more. You are going to be energised, excited and

intoxicated with the unbeatable feeling of achievement. Do whatever you can to make the feelings of success become more intense.

Each session should last around 20-30 minutes, or longer if you are enjoying it. This is not much of a sacrifice for the results you are likely to get! You can visualise as often as you like, just do what feels right for you. When you get the hang of it, you'll begin to see small improvements. With practice you will experience some really significant changes and begin to feel much better about yourself. Beyond that, your self-image will improve and you will move quicker towards your goals than you ever imagined possible.

During today's visualisation, I saw:

During my visualisation, some of the emotions I felt were:

Using my five senses. I could see, hear, smell, taste, touch:

What would I like to see more of?:

What would I like to see less of?:

VISION BOARD

A vision board is a powerful tool that helps you supercharge your desires. It helps you to visualize your future and **is a constant reminder** of your life goals. It is this consistent visualization which **trains your mind, body, and spirit to manifest your desires** and sends a very loud, clear message to the universe.

STEP 1 - Start with the plan for your vision board.

Think about, your values, career goals, family life, love life, health & wellness, how you spend your free time, what you want to learn or grow into.

STEP 2 - Source your supplies.

Newspaper and magazine cut-outs, Images or quotes printed from the internet, photographs, glue, A3 card.

STEP 3 - Set the scene.

Creating a vision board is a special ritual. It's a time to get in touch with your true self, identify your true desires and focus your energy on attracting them into your life. Treat this moment as something special, as something kind you're doing for yourself. Find an uninterrupted, quiet space. Set out all your supplies. You may want to light a candle or turn on some music. Meditate or say a prayer before you begin.

STEP 4 – Create the board, be audacious and don't allow the negative voices of doubt that appear in your head to suggest and convince you that your vision is too elaborate and that you are just a dreamer. Let your creativity flow and have fun. Remember to attach positive feelings to the process.

STEP 5 - Once you've created your vision board, **place it in an area that you see every day**. Treat your vision board with respect - It's a special gift you've given to yourself, and a powerful tool to attract all your desires into your life.

POSITIVITY MANTRA

(Repeat as often as you can throughout your day)

TODAY WILL BE A GOOD DAY

I AM ENOUGH AS I AM

I DESERVE HAPPINESS

MY CHALLENGES WILL BRING A BETTER ME

I CHOOSE TO FORGIVE AND LET GO OF ANGER

I AM IN CONTROL OF MY THOUGHTS AND MY LIFE

IT'S NOT WHAT YOU CANNOT DO, IT'S WHAT YOU CAN DO

I AM STRONG, I AM CAPABLE, I AM KIND,

I RADIATE AND ATTRACT POSITIVE ENERGY

LOVE, PEACE AND CALM INWARD AND OUTWARD

SECTION THREE

SELF-REFLECTION & GOALS

Self-awareness – Not often in this fast-paced society, do we get quality time for ourselves and our families. Take this time to get back in touch with who you really are and **why** you stand for the things you do, because when you have a strong enough reason **why** you can endure any uncertain **how, what, why, where and with who.**

People detox - This is a great time to step back and reflect on our relationships, we can choose to detoxify from people that are not good for us. Review your personal values and beliefs and see if they line up with the people that are usually around you. If they don't, make a conscientious effort to spend less time with those people (after isolation and social distancing).

Digital detox - Being at home for a considerable period (especially for those working from home) means that there will be more things done digitally. There will also be greater consumption of information via various formats - TV, Internet, Radio and Social Media. Reducing the time that you spend on these digital devices can reduce anxiety.

I recommend that you do a detox for a period of time and learn to not be so dependant of digital platforms. By all means check in on social media, check your messages and work online and keep in touch - but try and do it at an agreed time and in a controlled manner, rather than every time your phone notifies you of something. Be in charge of your devices and not the other way around.

Goals - Setting and achieving goals and taking the time to celebrate their achievement, is a powerful way of building self-confidence. Having a long-term vision will help you to be hopeful for a better tomorrow. Think about the things you want to do, buy, have or become and then get specific about it.

I've included the following exercises to help your self-reflection and goal setting:

- Reflective journal
- Positive things about me
- Self-awareness worksheet
- Goal setting

REFLECTIVE JOURNAL

DATE:

THINGS THAT WENT WELL:	THINGS THAT WERE CHALLENGING:
FAVOURITE MOMENT:	SOMETHING TO DO DIFFERENTLY NEXT TIME:
OTHER FEELINGS & DOODLES:	

POSITIVE THINGS ABOUT ME

What do you like about yourself? What positive qualities do you possess?
What have you achieved in your life? What gifts or talents do you have?
What skills have you acquired? What do other people like or value in you?
How might another person who cares about you describe you?

Using the questions above, write down your positive qualities in the boxes

MY PERSONALITY

MY ACCOMPLISHMENTS

MY CHOICES

MY RELATIONSHIPS

MY BODY

MY STRENGTHS

SELF AWARENESS WORKSHEET

List three things that you are:

- 1.
- 2.
- 3.

List three things that you are not:

- 1.
- 2.
- 3.

What is something that represents you? (e.g. song, animal, flower, poem, symbol, jewellery, etc...) why?

What do you like best about yourself?

What do you like least about yourself?

What three things would you like to change most about yourself?

- 1.
- 2.
- 3.

Who are two people you most admire? Why?

1.

2.

What are five things you love to do?

1.

2.

3.

4.

5.

What matters to you most in life?

What makes you happy?

What are three things you believe you need in order to have a great life?
Why?

1.

2.

3.

What do you stand for (Principles)?

How do you want to impact the lives of others?

FINISH THE SENTENCE

I do my best when

I struggle when

I am comfortable when

I feel stress when

I am courageous when

One of the most important things I learned was

I missed a great opportunity when

One of my favourite memories is

My toughest decisions involve

Being myself is hard because

I can be myself when

I wish I were more

I wish I could

I wish I would regularly

I wish I had

I wish I knew

I wish I felt

I wish I saw

I wish I thought

Life should be about

I am going to make my life about

GOAL SETTING

Goal setting as a great way of organizing yourself for achievement. As stated earlier, setting and achieving goals and taking the time to celebrate their achievement, is a powerful way of building self-confidence.

The more goals you achieve, the more confidence you gain; the more confidence you gain, the greater the chance of achieving your goals, and so on, and so on, and so on.

SMALL GOALS	BIG GOALS
<i>I will have that awkward convo with James!</i> <i>Deadline: End of the week</i>	<i>Get a new job</i> <i>Deadline: September</i>
<i>Deadline:</i>	<i>Deadline:</i>
<i>Deadline:</i>	<i>Deadline:</i>
<i>Deadline:</i>	<i>Deadline:</i>
<i>Deadline:</i>	<i>Deadline:</i>
<i>Deadline:</i>	<i>Deadline:</i>

SECTION FOUR

MENTAL AGILITY

Brain Games - Doing some trivia, a quiz, crosswords, sudoku and board games with a family member, friend or even on your own helps your mental fitness. Practice mental arithmetic, you could start by adding up your shopping bill or any other set of numbers without using a calculator.

Reading - is a fantastic way of keeping our brains sharp and a great opportunity for adventure in the safety of a comfy armchair! There are plenty of online book communities you can join so you can share your thoughts too.

Homework - making sure there isn't a gap in your children's learning is vital, make sure you are chatting, reading and playing with them. Try to maintain structure in their learning.

I've included the following exercises to help your self-reflection:

- Sudoku
- Reading List
- Wordsearch

SUDOKU

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

EASY

		1			3	2		
9						1	7	
8	4			1		6		9
				2	5			
2	6						8	3
				7	6			
1		3		7			2	4
	9	7						6
		8	4			9		

1		8			6	4		
		6		9		8		7
5								
2	6	9	5					8
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

MEDIUM

5	3				4			
		4	1					
1			9		6		8	3
9	7		3	2		6		
				4				
		3		6	9		7	2
3	5		6		7			4
					2	7		
			8				3	1

						8		6
4		5	6	9			1	
		9			2	4		
5					3		8	
		7	8		9	6		
	9		2					3
		4	7			1		
	6			4	1	7		8
7		3						

HARD

9	6			4		1			
				3	8				
7		8		6				9	
1	2			8			9	3	
					5				
3		5				2		6	4
8					9		4		7
					3	8			
		9		2				8	5

SUDOKU SOLUTIONS

EASY

2	9	6	1	4	5	8	3	7
3	5	7	8	2	6	1	4	9
1	4	8	9	3	7	5	2	6
6	3	9	5	1	2	4	7	8
5	8	1	7	6	4	3	9	2
4	7	2	3	9	8	6	1	5
9	6	4	2	8	3	7	5	1
8	1	5	4	7	9	2	6	3
7	2	3	6	5	1	9	8	4

5	7	1	6	9	3	2	4	8
9	3	6	2	8	4	1	7	5
8	4	2	5	1	7	6	3	9
7	8	9	3	2	5	4	6	1
2	6	5	1	4	9	7	8	3
3	1	4	7	6	8	5	9	2
1	5	3	9	7	6	8	2	4
4	9	7	8	5	2	3	1	6
6	2	8	4	3	1	9	5	7

MEDIUM

1	9	8	7	5	6	4	3	2
3	2	6	1	9	4	8	5	7
5	4	7	3	2	8	1	6	9
2	6	9	5	1	7	3	8	4
7	1	3	4	8	9	5	2	6
4	8	5	6	3	2	7	9	1
9	3	2	8	4	1	6	7	5
6	5	4	9	7	3	2	1	8
8	7	1	2	6	5	9	4	3

5	3	8	2	7	4	9	1	6
6	9	4	1	8	3	5	2	7
1	2	7	9	5	6	4	8	3
9	7	5	3	2	1	6	4	8
2	6	1	7	4	8	3	5	9
4	8	3	5	6	9	1	7	2
3	5	2	6	1	7	8	9	4
8	1	9	4	3	2	7	6	5
7	4	6	8	9	5	2	3	1

HARD

2	3	1	5	7	4	8	9	6
4	7	5	6	9	8	3	1	2
6	8	9	1	3	2	4	7	5
5	2	6	4	1	3	9	8	7
3	4	7	8	5	9	6	2	1
1	9	8	2	6	7	5	4	3
8	5	4	7	2	6	1	3	9
9	6	2	3	4	1	7	5	8
7	1	3	9	8	5	2	6	4

9	6	2	7	4	5	1	3	8
5	4	1	3	8	9	2	7	6
7	3	8	2	6	1	5	4	9
1	2	6	8	7	4	9	5	3
4	9	7	6	5	3	8	1	2
3	8	5	9	1	2	7	6	4
8	5	3	1	9	6	4	2	7
2	7	4	5	3	8	6	9	1
6	1	9	4	2	7	3	8	5

WORDSEARCH

Breathe
Relax
Hygiene
Wellbeing
Exercise
Read
Routine
Budget
Plan

Goals
Positive
Isolation
Affirmations
Gratitude
Perspective
Innovation
Visualisation
Mindful

Kind
Detox
Reflection
Resilience
Nurture
Reassess
Strength
Love
Mantra

C Z O E V I T C E P S R E P N N O K T Z D J J N A
 D B E D N K W B X Y D M V C R A J N H Z A T W F J
 A H P J V B P Y M F C O B L K E A L J S C O F W H
 E T Y D V J R X N P L D R B N N C O L Y F I V T H
 R G W H O Q I G W B M L X V G E H V S O R M E X R
 D N K B C Y R T Z R I K H I V I S E Y M G G N J X
 U E Q F T U R W E E T L R S P G J T A Z D B M R X
 A R T N A M J Z K A N Y R U S Y C T Q U W P J W K
 F T R G X V R Z O T D Y M A M H I K B T N O K O Y
 U S O T X O E D Q H C G H L B O R P T K N S G L P
 V R E D N Q B A Q E E P B I N C W I D R Z I B M R
 R R E N A L P N H D W M G S N U X K H Q G T Z Z C
 O B G A K Q L O F M Q W O A G E B L U Z U I Z T M
 H X D W S O X I N N O V A T I O N O L J X V G A C
 U E N W O S C O Q J M N L I Y E J X Y W O E V N X
 P N I Q M L E C M X E N S O P O R K W J T X I O F
 A I C J N V X S Q R V I D N I K U U Y I E X N I U
 S T E P S H E Z S Z O Y S G R A T I T U D E L T Q
 E U C Y I A R W E P J K C L Q U O U R R W Z U C C
 R O T T K R C B Z N E C N E I L I S E R U N F E L
 D R P L T C I J E M C M H X M E G G D L J N D L Z
 X F I H B I S I G S X S H O P S B R I E V T N F G
 D M P C O Y E D Q O A R E L A X L Z S H C Z I E F
 I S O L A T I O N I P E J V B J V D J T Y C M R W
 D Y W E L L B E I N G Z Q B Q Z W F J F P W C R V

FINALLY - FOR NOW

Whilst we're following the guidelines, and performing good personal and emotional hygiene, we are still human and it is vital to be our brother's keeper, good to our neighbours, family, friends and society.

It is important to remember that people don't recover from a disaster until they believe their personal needs appear to be met. Is there something you can do to help?

Finally, here are **four** key points:

- Promote safety
- Ensure connectedness
- Create an environment of comfort and calm, observing social distancing.
- Nurture self-empowerment, then pass it on.

All the very best.



Dr. Mike Kelly
Think well, Live well and Be well.