



YOUR MENTAL HEALTH IS IMPORTANT.

Increasing your Mental Resilience During Difficult Times

Explore resources and exercises from
your Life Time MindCoach team.





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We are all facing a time of unprecedented concern and it is natural to experience stress and worry, creating a heightened sense of physical and psychological distress. Your mind might feel overwhelmed, unable to focus or easily distracted — while your body feels disconnected in an adrenaline rush followed by exhaustion. This is the stress response working overtime. Staying in this state for too long is hard on your mental and physical health, affecting your ability to stay healthy and resilient.

To protect your mind and body during this time, LT Mind put together some simple exercises and tips.



**Mind/body-grounding exercises help you
destress, relax your body and focus your mind:**

GROUNDING EXERCISE

Sit forward in your chair, feet firmly planted on the floor. Focus on an even, in-and-out breath. Next, allow your eyes to scan the room from ceiling to floor, in front of you and on both your right side and left side — making sure to crane your neck around enough to “check your blind spot”. Repeat this three times and feel your nervous system calm, knowing it is safe and there is no threat around you.

CENTERED BREATHING

Take six deep breaths, inhaling through your nose and exhaling through your mouth — pursing your lips like you’re using a straw. This simple technique resets your central nervous system.

FOCUSED BREATHING

Calm your busy mind by focusing your thoughts. Close your eyes and breathe in and out evenly repeating a two word statement that calms you, such as “pass through,” “just this,” or “I’m OK.”

HEALING VISUAL

Sit in a quiet space, close your eyes and breathe evenly. Next, visualize a healing light shining through your body. Focus on every cell drinking in health and serenity. Visualize your immune system being bolstered by this light. Say to yourself, “my body is strong and healthy”.

LOVING KINDNESS MEDIATION

Sit in a quiet space, close your eyes and place your hand on your heart. Breathe evenly. Repeat the following statements: “May I be safe. May I healthy. May I live with happiness and ease.”

MIND / BODY MOVEMENT

Move your body physically through mind/body exercise such as stretching, tai chi, yoga, walking outside, etc. Moving this way strengthens your mental resilience, increases your immune system and calms your nervous system.

Thought-shifting exercises help you control your inner conversation and steady your mental state:

MANAGE YOUR MEDIA INTAKE TO CONTROL YOUR INNER DRAMA DIALOGUE

Awareness of the drama dialogue happening in your brain is very important. The more you watch and take in negative information about this crisis, the more it imprints onto your nervous system. Choose your trusted media source and check it with limits.

LEVEL SET YOUR THINKING

Sit in stillness and acknowledge the thoughts that come up for you about this crisis. Write these thoughts down. Now ask yourself, which thoughts are valid/true? Make a note. Ask yourself, which thoughts are helpful vs. harmful? Make a note. Finally, ask yourself, “what wise action can I take to address my thoughts in a responsive, not reactive, way?”

PRACTICE REHEARSING MORE HELPFUL THINKING

Tell yourself positive, true statements like: I am healthy now, I am making responsible choices for my health, I am doing what is in my power to take care of my life, I have access to a medical system that can help me, I work for a company that is thinking proactively about my wellbeing, I have people that love and support me. It can be helpful to write these statements out and post them where you can see them throughout the day.

SHIFT YOUR PERSPECTIVE TO SEE HOW THIS TIME IS BENEFITING YOU

What does the gift of working remotely, having more “down time” or experiencing a deeper connection to what’s going on in the world allow you to focus on? How can you choose to create joy in your day to day life under these circumstances?

REMIND YOURSELF THAT CRISIS COMES TO AN END AND THIS IS A TEMPORARY SITUATION

You can even post a note on your computer or mirror that says: “This crisis will end”.





Solution-focused exercises help you focus on the positive and feel more in control during escalating, negative circumstances:

APPRECIATION EXERCISE

What do you love and appreciate about others in your life? Share with them in a note, email, text or phone call. Infuse your immediate world with positive messaging.

PROTECTION EXERCISE

Protect your hope by limiting media exposure, spending too much time with people cause you to feel worried or over-focusing on negative thoughts. Distract yourself by doing things that make you feel normal and happy, such as working out, cooking, watching your favorite show, etc.

KINDNESS EXERCISE

Increase acts of kindness and compassion to others. Being in an empathetic frame of mind helps you feel better.

FUTURE EXERCISE

Create a positive visual of how you and those you love will make it through this crisis by writing out a paragraph describing your ideal future.



LIFETIME
mind

You may feel powerless or overwhelmed during this time, but taking good care of your mental and physical health is paramount. Life Time is here to help you, and we remain your key resource to support a Healthy Way of Life. You can continue to pursue your health and fitness by accessing helpful information on www.my.lifetime.life and experiencelife.com.

Be well and stay well,
Your Life Time Support Team