

# I know I should be doing something... but I'm barely surviving!

After repetitive themes emerging in conversations across clients, I wanted to provide a list of options that may resonate with you during periods of **prolonged 'stress', 'hecticness', or 'chaos'**. We all know that exercise, nutrition + sleep are great options to help us function better, but often one or all of these things just aren't achievable, or even on our radars when we are in survival mode. **Soooo...what can you do that is actually achievable when you are barely surviving?**

## Stay at home.

Cancel commitments/ social outings/ committee meetings that you actually don't want to attend.

*There is a difference between complete isolation and being selective with how you want to spend your 'free' time.*



## More luxurious 'feels'

- Face mask + hot drink.
- Journal for 10 minutes and write a list or declutter your thoughts.
- Watch an episode of your favourite show.
- Download a new playlist and listen to some tunes.
- Read a few pages of a book or magazine.



## Take advantage of Meditation Apps.

- One Giant Mind
- Calm
- Headspace

*Meditation can be as short as just few minutes.*



## Nutritionally.

Do the best you can do, when you can do it.

*Don't kick yourself for not always making the right choices.*



## Take note of burn out symptoms.

- Loss of motivation and passion for things you normally love doing.
- Constant colds and flus.
- Extreme tiredness.
- Inability to work effectively or logically most days.
- Abnormal 'shortness' with friends, family and colleagues.



## Move to the outdoors.

- Go outside and play with your dog.
- Clear your mailbox.
- Feed the chickens or rabbit.
- Pick vegetables from your garden.
- Pick up your dog poo.
- Weed or pick some flowers.



## Exercise.

Do the best you can do, when you can do it.

*Don't kick yourself for not always making the right choices.*

