Practice Mindfulness for Better Health & Wellbeing During Self-Quarantine And Beyond!

Booklet 1

INMED South Africa
We can use this period of self-quarantine to reflect and to start the practice of mindfulness towards better health and wellbeing.

Reflect on:

- **What** is my purpose?
- **Who** do I want to be during COVID-19?
- **Where** do I want to be after COVID-19 with my health and life?

Keep a journal as you move through these phase, reflect throughout on where you are and reward yourself for achieving personal growth at the end of this period.
Keep a Lifestyle Diary / Journal

- What is your longer-term lifestyle goal/s?
- Food choices (what eaten, why eaten, when eaten, feeling hungry? Emotional triggers? Snacks? Food prepared from scratch?)
- Frequency and type of exercise/activity? Barriers to being active?
- What do I spend my time on? Prioritize!
- Reflect on your career goals / new skills that you want to acquire

Pause and reflect on lifestyle journal

Plan daily to keep on track

Remember it’s an ongoing process!

Benefits of keeping a journal include:
- It clears your emotions
- Writing in your journal reduces stress
- Reducing scatter in your life
- Increased focus
Develop an attitude of gratitude of your past and present plus a spirit of unbridled optimism for your future and discover the power of gratitude,

- to help you better deal with adversity
- to build strong relationships with friends and family
- to motivate you in making healthy lifestyle changes and choices daily
ENJOY FAMILY MEALS AND LEISURE TIME TOGETHER

- This period of self-quarantine means that many families are spending more time at home, which provides new opportunities to share meals together. Family meals are an important opportunity for parents to be role models for healthy eating, and for strengthening family relationships.

- Increased time at home during this period may also present new opportunities to involve children in cooking healthy foods, which can help them acquire important life skills that they can carry into adulthood.
Focusing your attention on the present moment has been found to be the key element to happiness and a healthier mind and body.

Focus your mind on whatever activity you are busy with at that moment fully.

Experience and enjoy the moment fully.
A support group is an important part of your journey towards a healthier lifestyle.

These are like-minded people, friend or family who can provide support for your goals but also are a support to your mental and emotional well-being.

Ask friends, family members or co-workers to join you on certain goals. There is usually others around you want to lose weight, eat healthier or exercise more or who would like to see you succeed.

Having a support group keeps you motivated, helps you keep on track in increases the likelihood of meeting your long-term goals.
CELEBRATE THE SIMPLE PLEASURES IN YOUR DAY DURING COVID-19

- That first glorious sip of coffee or tea in the morning
- Climbing into a bed with freshly washed sheets
- The first bite of a decadent dessert
- Laying down on a blanket and watching the stars
- Holding hands with a loved one

PLAN FOR FUTURE PLEASURES!

- Dining by candlelight
- Enjoying a home cooked meal around a table with your family
- Freshly baked cookies right out of the oven
- Reading a book that resonates with you
CELEBRATE THE SIMPLE PLEASURES IN YOUR DAY DURING COVID-19

- When your favorite song comes on the radio sing along to the music
- A stunning sunset
- Bringing a smile to someone’s face
- Hot towels right out of the dryer
- Dancing without a care in the world
- A long, hot bubble bath
- The smell of your favorite candle permeating the house
- Lemon slices in your water or iced tea
- Having a good laugh
- Blowing bubbles with little kids

PLAN FOR FUTURE PLEASURES!
BE THE BEST YOU

EVERYONE IS DIFFERENT

YOU ARE THE BEST AT BEING YOU!
Thank you.

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