

# 8 WELLBEING TIPS

## FOR COPING WITH COVID

### Limit your time watching/reading the news

If you are affected by the constant covid chatter, but feel you want to engage with the news, limit this engagement to a certain time of the day for a short period of time.



### Check into the Present regularly

There are many ways to bring ourselves into the present moment including through meditation. For more tips on this connect with me [@wellbeingwithruth](https://www.instagram.com/wellbeingwithruth)



### Shift your perspective

When you find yourself thinking negatively, take a step back. Focus on the positives and think about what you are grateful for.

Gratitude journals can be really helpful here!



### Do something mindful

Paint. Bake. Listen to music. Use your senses to check in to the present. Do whatever makes you, YOU.



### Identify what you can and cannot control

Write down what you are worrying about, recognise the things you cannot do anything about. Then focus on what you can control and take action on those things.



## Get outside once a day for exercise

Get outside, even if it's the last thing you feel like doing, even if it's raining. A walk is a great way to clear your mind!



## Take on a challenge

Some kind of challenge such as a 30 day yoga challenge can provide a daily boost. They keep you moving, provide you with a routine, and help you to feel productive.



## Set boundaries

If you are working from home make sure you set yourself boundaries such as taking a full lunch break, putting your computer away after work, and deleting your emails from your personal phone



## REACH OUT

If you need **support** to improve your **wellbeing** contact me and take **action** today. As a **qualified Wellbeing Coach**,

I can help you with all aspects of wellbeing from managing **stress** to finding **balance**.

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or

Book a **free** chemistry call here:

<https://go.oncehub.com/Wellbeingwithruth>

