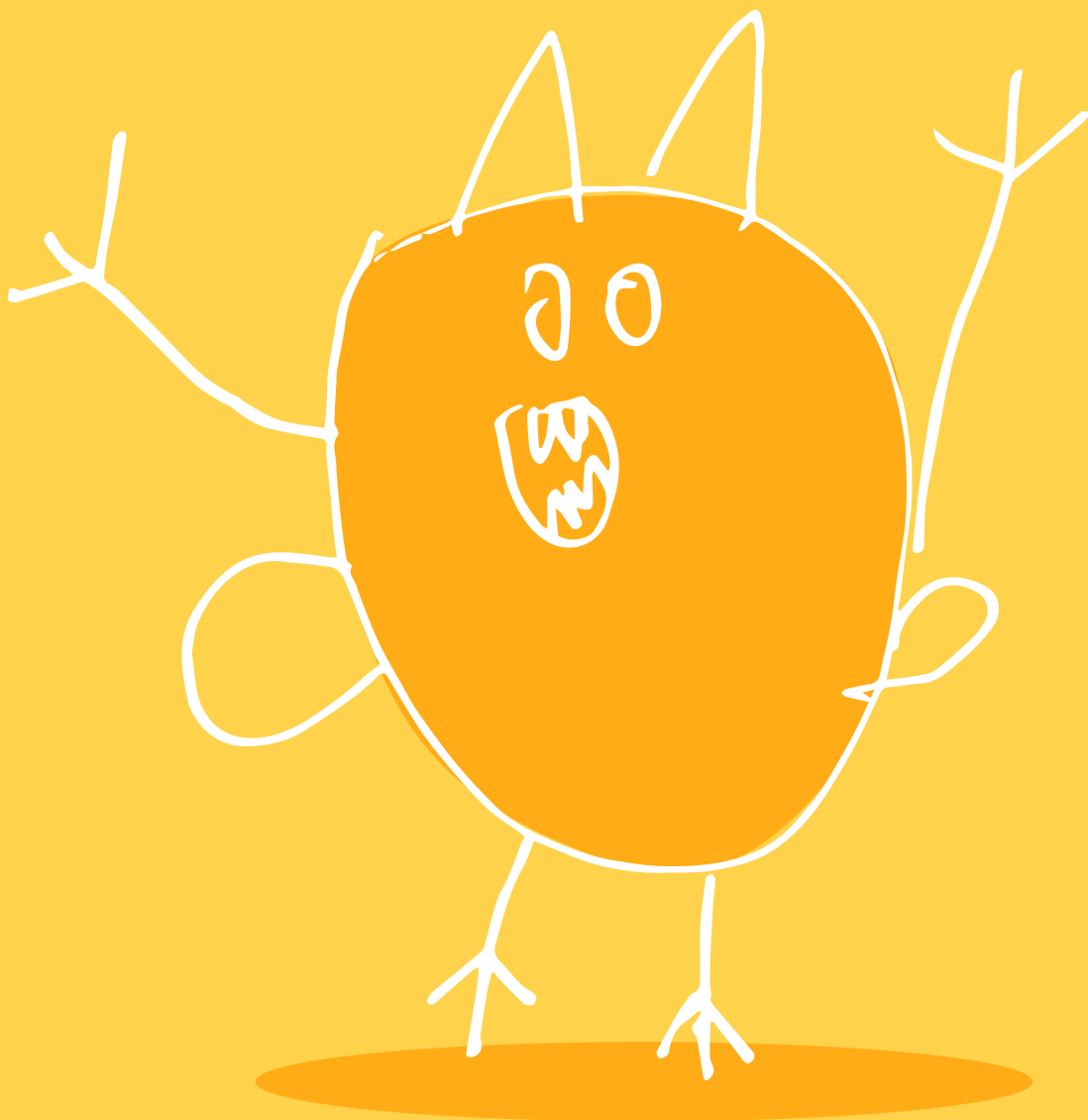


HOW TO DO THE LOCKDOWN AN ADVENTURE



#EVERYTHINGISGONNABEOK

#STAYATHOME

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COACHING EMOTIONS
Escuela de Crecimiento Personal

I know that you are scared about the possibility of falling sick yourself or someone that you love but we must be coherent, we must try to live in the present and avoid attempting to anticipate what the future might hold whilst also trusting the tools and resources that we have to fight whichever adversity. Fear can result to be highly toxic if its presence is extended longer than what is needed. Let's listen to the advice given and our own common sense, attempting to live without mentioned emotion, focusing on the range of possibilities which we are offered each coming sunrise. Yes, I know, We are not costumed to being locked for such a wide range of time neither are we used to receiving orders or bans but the fact that we are not accustomed to such lifestyle does not mean that we are unable to do it. We should try to avoid fear because being anchored to it distances us from our objective: Survival. Let's learn to change our emotional state, allowing happiness, trust and hope to reach us . because focusing too strongly on unpleasant emotions is draining and weakens our immune system and precisely now we need it to be strong.

STOP WORRYING AND DO IT.

I will leave here some
recommendations to allow you to
enter into a state of tranquility,
equilibrium and why not, happiness:

CRY, SHOUT, ABOLISH ALL NEGATIVITY, BREATHE AND GATHER STRENGTH.

First, begin by freeing all the suppressed emotions kept during this time. We have attempted to keep calm when exposed to something new and worrying but allow yourself to cry, shout, to be angry, to release the anxiety, the nerves and the burden that you are feeling. Take your time to process everything that you are experiencing and don't let anybody tell you how you are meant to be feeling. If you have had to hide your feelings in the presence of your family or clients, find a space for you and allow yourself to feel even single one of the emotions that have been boiling in you since this madness began.



REPEAT TO YOURSELF EVERYDAY THAT YOU ARE ON LOCKDOWN THAT YOU ARE SAVING LIVES.

Use the positive self dialogue, remember that it is not the situation itself but how you chose to perceive it. You can either interpret this situation as the worst thing that has happened in your life or like an adventure in which you are going to discover all your possibilities and resources and a situation that you will for sure exit with increased strength. Let's make ourselves stronger, connect more with our partners, children and let's develop our empathy and solidarity.



MAKE A DIARY PLAN FOR ALL THE FAMILY.

It is important to maintain a routine, especially for our children. They need to know what will happen in each moment to remain calmer. But without being strict, leave room to be flexible.



THE SUN IS THE BEST NATURAL ANTIDEPRESSANT TO PRODUCE SEROTONIN.

If you can, you should take some sun and air. Go to your balcony, window or terrace and feel the sun on your skin every day for a while.



KEEP MOVING.

There are lots of apps that can help you or professionals who are giving their services online, You can work out, do yoga, dance... You choose the way that suits you and move alone or with your family.



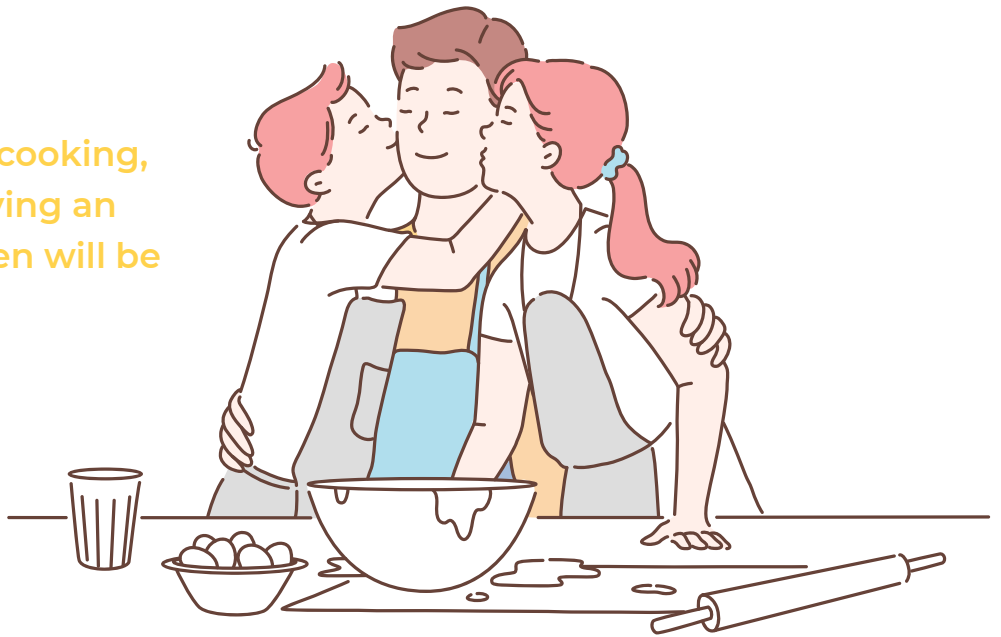
Read this book that you have had pending or do the course online that you left for another day. Search, investigate and study something new that interests you. Do it alone or with your children. You will be their best role model.

MOVE YOUR MIND, TOO.



LET YOUR CREATIVITY FLY.

Crafts, games, family tv, cooking, meditation, singing, playing an instrument... your children will be grateful for it.



ALTHOUGH YOU
ARE AT HOME,
GET DRESSED,
CLEAN YOURSELF
AND DO
YOUR MAKE UP.

Make yourself beautiful,
for you and your family.
You'll feel better.



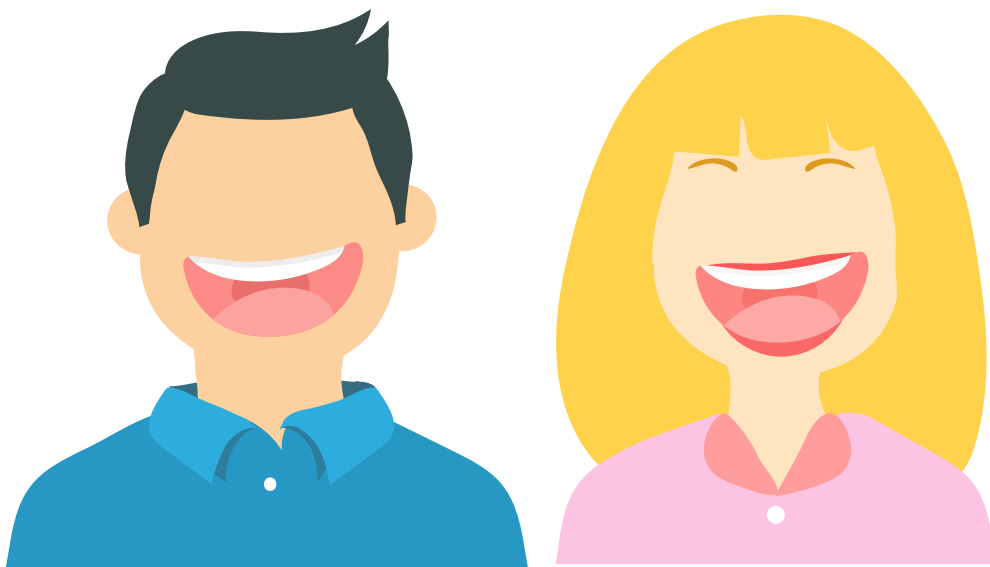
IF YOU ARE AT HOME WITH MORE PEOPLE, YOU SHOULD FIND TIME FOR YOURSELF.

Distribute the responsibilities at home and the care of your child so you have time for yourself.



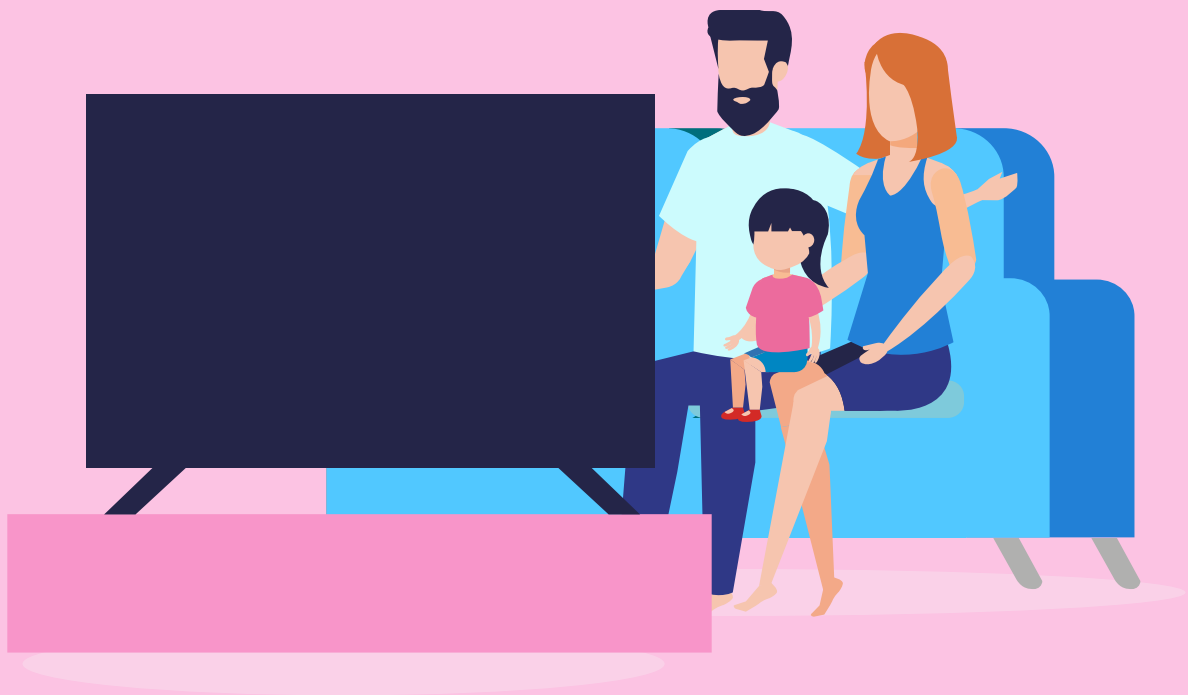
LAUGH.

Don't stop laughing everyday and most of all laugh about this situation. People are demonstrating to be very witty with the photos and videos that are circulating the internet. May we never lose our humour!



REMEMBER TIMES THAT MADE YOU FEEL BETTER.

You can do it by seeing photos,
videos...also utilise this time to make
future plans therefore your children see
that everything will go back to normal
whilst giving you motivation.



KEEP IN TOUCH.

We are lucky to be in the era of technology. We can be in contact with our loved ones at all hours.. Talk about your feelings, how are you managing the lockdown, share your worries...



LISTEN.

Commit time to listen to your children and partner, let them share what they have done during the day and how they are feeling. This way it will be easier to cover everybody's necessities.



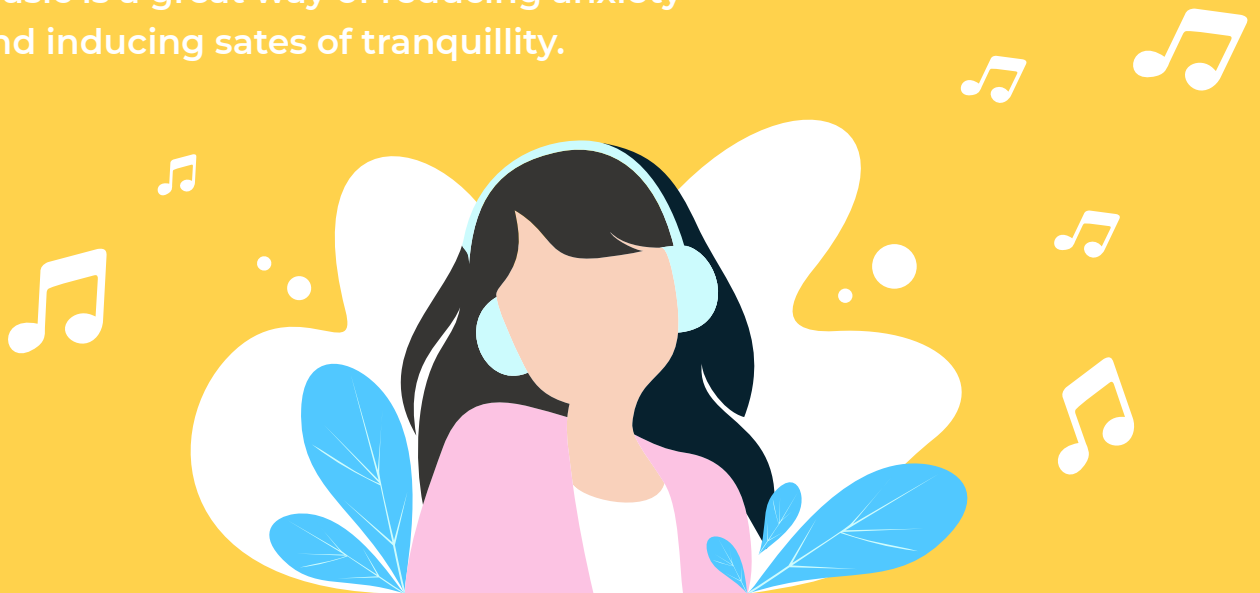
LESS IS MORE.

Let's see or listen to the most important information but don't allow yourself to get overwhelmed especially if the news that you're seeing cause you anxiety. Don't believe everything that circulates, confirm that the information that you are receiving is true.



DON'T FORGET MUSIC.

Music is a great way of reducing anxiety and inducing states of tranquility.



MEDITATE.

Pause a few seconds, concentrate on your breathing, feel yourself in the here and now and switch off from all the stress that you are feeling. Attempt to see yourself as a simple observer not identifying yourself with your emotions.



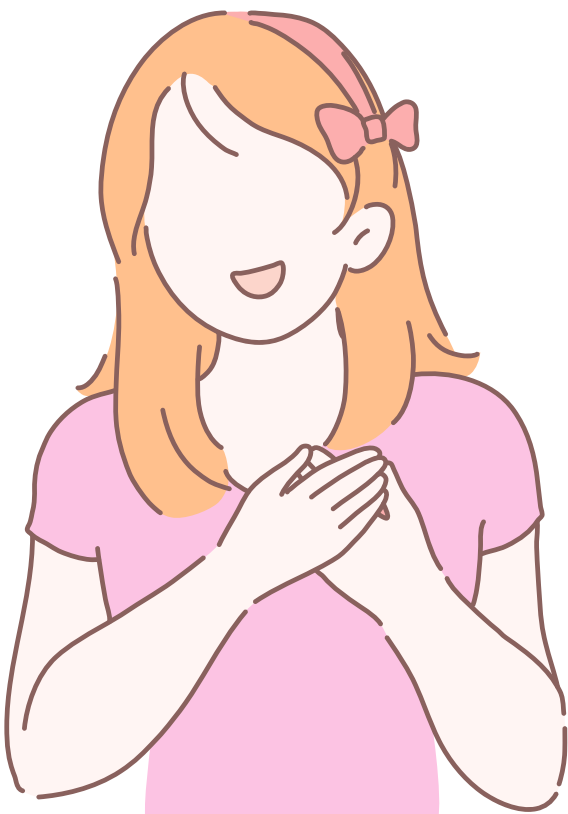
DO THINGS THAT RELAX YOU.

Take a shower, write,
listen to music or
follow a guided relaxation...



BE GRATEFUL. (EXPRESS YOUR GRATITUDE)

At the end of the day, You should express your gratitude for the good things surrounding you, and the new knowledge and strength that this adventure is providing you with.



YOUR ATTITUDE IS A SMALL THING THAT MAKES A BIG DIFFERENCE.

I know It won't be easy. However I am sure that we will achieve it . After all, we are doing the lockdown now to get this over with as soon as possible and with the minimum impact.

I want to do my bit by helping you or answering any doubts that you may have, as far as knowledge is concerned this is completely free. Therefore, I will leave my email below for whomever needs it.

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