

# Thriving During the Pandemic

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## ✓ THRIVING - YOUR MIND

*OUR MINDS CAN LEAD US ALL OVER THE PLACE EMOTIONALLY. NOW MORE THAN EVER WE NEED TO RENEW OUR MINDS IN LIGHT OF THE GLOBAL PANDEMIC AND THE UPHEAVAL THIS IS CREATING IN OUR LIVES*

- KEEP YOUR MIND FILLED WITH POSITIVE INPUT (LIMIT THE NEWS)
- REPLACE THOSE THOUGHTS THAT CREATE NEGATIVE EMOTIONS
- LEARN SOMETHING NEW (COURSERA.COM / UDEMY.COM / ETC...)
- DO PUZZLES, PLAY WORD GAMES
- READ THAT NOVEL YOU HAVE WANTED TO READ FOR-EVERRRR

## ✓ THRIVING - YOUR BODY

*OUR BODIES MIGHT VERY WELL BE FEELING THE TOLL OF A CHANGED ROUTINE. MANY OF US CAN NO LONGER GO TO THE GYM OR HIKE ON LOCAL TRAILS. WE ARE FEELING EMOTIONS IN OUR BODY, SUCH AS ANXIETY, HEADACHES, MUSCLE SORENESS.... LET'S MAKE SURE WE EMERGE FROM THIS STRONG AND HEALTHY!*

- MAKE SURE TO FEED YOUR BODY PLENTY OF FRUITS AND VEGGIES
- DRINK 6-10 GLASSES OF WATER A DAY
- AVOID PROCESSED FOODS, SUGARY FOODS AND ALCOHOL
- MAKE SURE YOU GET PLENTY OF SLEEP (A STRUGGLE FOR MANY)
- MOVE YOUR BODY DAILY (LOTS OF INSPIRATION ONLINE)

## ✓ THRIVING - YOUR HEART

*MANY OF US ARE FEELING ALL KINDS OF EMOTIONS THESE DAYS. AND MANY OF THESE EMOTIONS ARE NOT SERVING US OR OUR BODIES WELL: STRESS, FEAR, SADNESS, FRUSTRATION, ANGER, IMPATIENCE..... YOUR THOUGHTS CREATE YOUR EMOTIONS SO BE AWARE*

- DON'T RESIST, STUFF OR JUDGE YOUR EMOTIONS
- BE AWARE, FEEL THEM, PROCESS THEM AND RELEASE
- IF YOU ARE HAVING TROUBLE RELEASING TALK WITH SOMEONE!
- FIND SOMETHING TO LAUGH ABOUT EVERY DAY

## ✓ THRIVING - YOUR SOUL

- STAY CONNECTED TO GOD, FEED ON HIS TRUTHS, NOT THE MEDIA'S
- PRAY AND JOURNAL ALL YOUR FEARS AND BURDENS
- STRIVE FOR FIVE - FIND 5 THINGS YOU ARE GRATEFUL FOR DAILY

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