

TWP QUARANTINE

a guide for wellbeing during COVID-19 by **THE WELLNESS PROJECT NYC**



FEEL WELL

ALL FEELINGS ARE VALID RIGHT NOW. With so much unknown and so much out of our control, riding a **roller coaster of emotions** (sometimes all in 5 minutes) is actually **very common**. Read on for some tips to cope with the emotional toll and ease anxiety moment to moment . . .

THE CASE TO MEDITATE

Even if you've never tried before, now is a great time to make an effort. It doesn't take an hour, it just takes awareness.

WHY BOTHER ?

- Calms **SYMPATHETIC NERVOUS SYSTEM** (fight or flight)
- **DECREASES REACTIVITY** to fear + anxiety, leading to more rational thought (perfect for a pandemic)
- Increases your ability to **REGULATE EMOTIONS**
- **GROUNDS YOU** in the present moment rather than worrying about the future

HOW TO : BE PRESENT

- **PAY ATTENTION** - while folding laundry, washing dishes, etc... for example, how does the water feel on your hands? Simple, **intentional awareness**.
- Go for a mindful **NATURE WALK** (no music / phone) - notice the air on your skin, the sounds, the sights...
- Sit and **focus on the BREATH**. Try a few rounds of **inhale for 4, hold for 7, exhale for 8** to calm your mind + bod.
- Do a **BODY SCAN** head to toe, focusing on each part and progressively relaxing each one at a time.

PROTECT YOUR (ENERGETIC) SPACE.

PART 1 : STAY CONNECTED W. FRIENDS, FAM + COLLEAGUES

ZOOM ACTIVITIES

Book club, cook / bake together, game night, virtual wine tasting, workout together, themed dress up day, show and tell, virtual dinner parties... we gotta work with what we got!
*connection is good, but so is disconnection! Carve out "me time" too

GET OUTSIDE

walks, bike rides, or BYO hangouts (6 ft apart + outside + protective gear)

PART II : NEWS NO-NOS

Set boundaries around news + social media consumption. Delete iPhone shortcuts + limit to specific times only (pro-tip : NOT before bed).

Feeling overwhelmed with TMI + too much BS? **Focus on the facts** - spend time on fact-check websites like Snopes or FactCheck.org

real talk : HOW TO DEAL



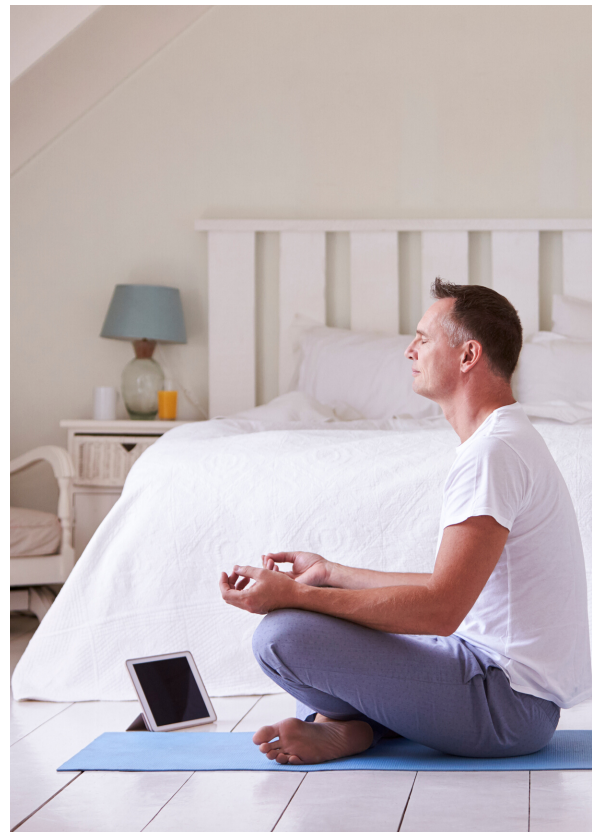
WHEN FEAR SETS IN, IT'S HARD TO STOP. FOLLOW THESE 5 STEPS TO EASE AWAY FROM THE GRIPS OF PANIC...

1. **ACKNOWLEDGE** : note your feelings (acknowledge, don't label)
2. **NOTICE** : where they exist in your body - where you're holding tension
3. **RELAX** : breathe into the feelings and actively soften the physical manifestations of emotion
4. **REASSURE** : remind yourself you're safe - cell by cell, each body part
5. **FOCUS** : shift focus to things you **CAN** control - washing hands, wearing a mask, social distancing . . .

RESOURCES, IDEAS + APPS

There are many tools available (even in quarantine) to help us weather the storm. A few are shared here, but most importantly, don't ever be afraid to **ask for help**.

- **DON'T LIMIT, MATCH** - instead of limiting feelings or thoughts, match the negative with other positive ones
- Try a **MEDITATION APP** : [Headspace](#), [Calm](#), [Stop Breathe & Think](#), [10 Percent Happier](#), [Insight Timer](#)
- Try an **ONLINE THERAPY APP** : [Better Help](#), [Talkspace](#)
- Try a **MENTAL WELLBEING APP** : [Happify](#), [Moodfit](#), [What's Up](#), [Mind Shift](#), [Breathe2Relax](#)
- Practice **GRATITUDE**. Start a gratitude journal (analog or digital -- yep, there's an app for that!)
- And don't forget, be mindful of the **foods you eat** (they directly impact how you feel), **limit caffeine**, spend time in **nature**, **breathe mindfully** (long exhales activate the parasympathetic nervous system for rest + digest) + try **yoga** (specifically forward folds).



A NOTE FROM RACHEL + SARAH OF THE WELLNESS PROJECT NYC :

Whatever you are feeling is right. Uncertainty, vulnerability, exhaustion - they all might be activating right now. Or maybe you're rocking quarantine and are feeling more centered than ever. Perhaps you volley back and forth, day to day, moment to moment... It's all okay! As humans, we tend to grasp for control in situations that are out of our control. Give yourself permission to feel whatever is coming up for you right now. We hope this newsletter provides you with useful ideas and resources to regulate the nervous system and reorganize your energy. Taking care of our mental wellbeing is more important now than ever. Stay tuned for next week's TWP Quarantine on **PHYSICAL WELLBEING** - full of great resources on exercise + movement (even on motivation-less days) and sound sleep (even on restless nights). Of course, please reach out with any questions - hello@twpnyc.com! Till next time, take care.

