



TIPS FROM YOUR CODARTS' PERFORMING ARTS HEALTH TEAM:

A healthy mindset, during the corona virus

A healthy mindset, what can we do about it?

This is an extremely challenging situation for all of us. Our feeling of perceived safety has been shaken up and our survival mechanism creates increased vigilance. That's a normal reaction to an abnormal situation. Calming the mind helps to think clearly again. Hereby some general advice to promote a calm brain.

If you want individual advice send an email to mentalcoach@codarts.nl and Hanneke or Marieke will contact you asap.

Try to normalize, install a day structure!

- Make your days as 'normal' as can be; make them working days. To give you an idea: Plan your actions such as **working** (self study of any kind, maybe a digital job), **caring** (cooking, eating, hygiene, keep your room tidy), **training** (physical activity, learning new skills), **socializing** (your family and friends), **relaxing** (your hobby) and **resting** (checking in with yourself and sleeping).
- Make a program for the day. Routine makes us feel better. It makes life easier because we do not have to negotiate so much with ourselves about what and when to do (especially the harder things) and this saves our will power for the moments we really need it. We will feel satisfaction and self-confidence if we engage in meaningful activities during the day. We can reward ourselves afterwards by relaxing.
- Do what's good for you and your health: get up on time, eat healthy¹, do physical and mental exercises, go outside for light and air, relax, connect and get enough sleep.
- Stick to a set bedtime. If this is a point of attention for you, use the opportunity to find a good rhythm now. In principle, the more stable your sleep rhythm, the better you feel. Remember that it takes some time before you notice what a steady action-resting pattern does for you. Sleep will improve when you do not expose yourself to too much light in the evening. Especially light from phones and tablets disturbs the melatonin level you need to fall asleep. Ventilate your bedroom, don't eat 2 hours before going to bed, get rid of physical tension (you could do an exercise like Jacobson which you can find on YouTube) and mental tension (listen to relaxing music or nature sounds, visualize yourself in a relaxing environment).

¹ Check 'what you can eat and do' from our colleague Sandra Buijng, nutritionist Student Life

Thoughts & feelings

- Check your thoughts, make them work for you. Ask yourself questions like: *Does this thought help me forward? Is it supporting to the direction I want to move in?* If the answer is yes, keep thinking. If the answer is no, make your thoughts lighter or smaller.
- If a frantic feeling appears, slow down, take a deep breath and say a calming statement to yourself, something like: *I feel more and more surrounded by calmness and rest. I devote this to everybody I'm in touch with.* Say this slowly, with as much belief as you can.
- Limit media access. Be careful with what you watch, what sites you look at when you look for information about the current situation. Find 1 or 2 trustworthy sites and focus on what they say.
- Gaming, Netflix, and YouTube can be great but don't overdo it. You can use an app to shut down your system at a certain time. External control is sometimes easier than internal...
- When you feel anxious, worried or stressed, get it off your chest. Talk to a person you trust. After, move on with your activity.
- If needed allow yourself 1 worry moment a day. In this moment you dump your worries by writing or through some other form of expression. During the rest of the day you tell yourself: 'Not now, I'm busy. Tonight I have my moment...'
- Find activities to do that require a strong focus. Like reading, listening music, baking, cleaning, knitting, drawing, writing, boxing etc. Do them with full attention. If your attention drifts away, steer it back to the activity. Check out all the free virtual visits to the great museums worldwide (<https://www.thespec.com/news-story/9908972-stuck-at-home-things-to-do-around-the-house/>) , watch documentaries for free <https://www.idfa.nl/en/collection/free> . Share your personal tips via Codarts Facebook or Instagram.

Positive opportunities

- Profit from the possibilities this challenge offers you: start with something you always wanted to do or learn. It is an excellent change to start with meditation! If you want to know more about that: check the Student Life news.
- Appreciate what you have and what goes well.

And realize: you are not alone! We are all connected by this challenge. We are here to support you,

Take care,
Marieke and Hanneke