

The Mind Body Reset of the Coronavirus Pandemic

By now, we have run through a roller coaster of emotions from being in the middle of this pandemic. We are grieving the loss of family members and friends who have taken ill and in a matter of days are gone. We have lost jobs that gave us not only income but social support as well. Some of us are home schooling, working from home, cooking every day and night, sleeping because we are bone tired or not sleeping from anxiety. We worry about elderly parents and relatives who are in nursing homes, one of the most vulnerable places for this disease to take hold.

We are beginning to realize this is not going away and any plans, near and future have been dashed. It has become a time of massive reset of mind, body and spirit. The multiple trips to the refrigerator are beginning to add inches to our waists, we are sitting in front of screens more, either computers for work or the television set. We have binged watched programs until our hips ache from sitting so long. We worry whether we will have a job or if a company or restaurant will reopen. The reality is setting in and the time has come to take action for what we would like to be feeling in the next couple of months or maybe longer.

It is time to recognize what we are doing, feeling, thinking, being has a major effect on our bodies and immunity. If the cookies and sweets have been consumed, don't replace it. We are doing more ordering from grocery stores rather than shopping there. Here lies the opportunity to cut back on the foods that do not serve our health. We can begin to reprogram our cravings by not having the usual salty, sweet, crunchy items we so run to when we are stressed. Order more fruits and veggies, lean meats and fish if possible. If you love bread,

start making your own (if you can get flour!) Start honoring what you really are hungry for, a hug, a touch, a connection to family or friends or that which is greater.

How are you able to move your body? We can still go outside which is essential for our bodies and our mental health. It is time for spring planting and growing our own vegetables has never been more beneficial. Find a new trail in nature and walk slowly, noticing the sounds, colors, leaves beginning to sprout, water trickling in streams, the sun on your face. If it is raining, look for a yoga class online.

Use this time at home to cultivate a new practice that needs quiet, time and centering. Breathe slowly, meditate. Listen to soothing sounds or your favorite music. Nurture yourself. We don't have to worry about our boundaries, we do not have a full calendar at this time. Say yes to yourself finally.

Connecting with friends and family on ZOOM has become a weekly activity and some of us have reconnected to people we haven't seen in years. Call those you know are lonely or fearful and need your support.

Don't forget your sense of humor! There are so many funnies going around on the internet. The flight attendant working from home is one of my favorites! A good laugh releases our feel good hormone, serotonin! Bring it on and share it with your loved ones. Start putting together a tickler notebook and collect your favorites either in a notebook or digitally. It will come in handy for those sheltering in place now or in the future.

If you are retired or cannot work from home, consider taking a free course online that is offered by many universities. It is a great way to learn something new and stimulate your brain.

Think about what you want to be experiencing 90 days from now and start to take a small action step that will help you be where you want to be. It is a time for great creativity, many are sewing for the first time, or have dusted their machines off and are making masks. Many are journaling about this time or doing gratitude journaling, feeling grateful for what we do have. Some people are making Christmas presents from scratch now that they have the time. There are so many ways to create a new habit that will sustain you in the future.

What has the pandemic gifted you with? What have you felt, learned, done with this “wild and precious life”? Whatever it is, it will be in our hearts and minds, never forgotten and served to boost our resilience and connection with each other and life.

I wish you all well. Stay safe, get outside and SMILE behind that mask. It will boost your immunity and give you a greater sense of well-being.

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Helping women of all ages learn the connection of mind/body/spirit to their wellness, become empowered to take control of their health and intuit their wisdom to know what Rx for life they would love to write for maximum well-being.

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