

10 TIPS ON GETTING THROUGH THE CRISIS

How to deal with these difficult times



1. HERE AND NOW / GRATITUDE

Only in the here and now you are truly alive. Being present enables you to act when necessary; worrying doesn't. Connect with nature. Name 3 to 5 things you are grateful for every day. Ask yourself: what can I learn?

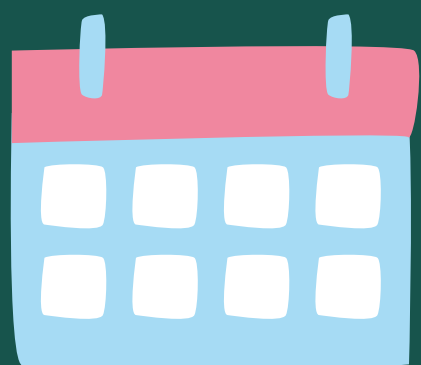
2. SLOW DOWN

Stop and listen. Give yourself time to adapt. Do only one thing at a time. Limit social media and be careful with information overload and fake news.



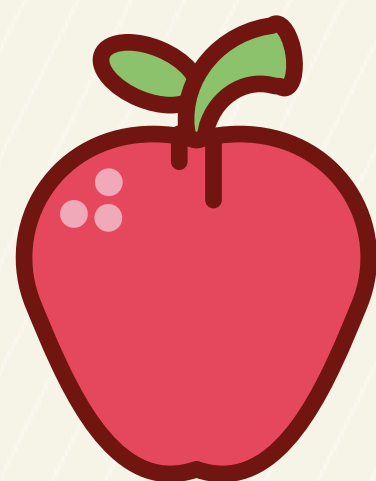
3. ORGANIZE YOURSELF

Routine gives you a natural rhythm, while planning gives you structure - leading to tranquility and balance. Stick to monotasking. Set your intention for the day. Focus on the process of doing rather than the goal.



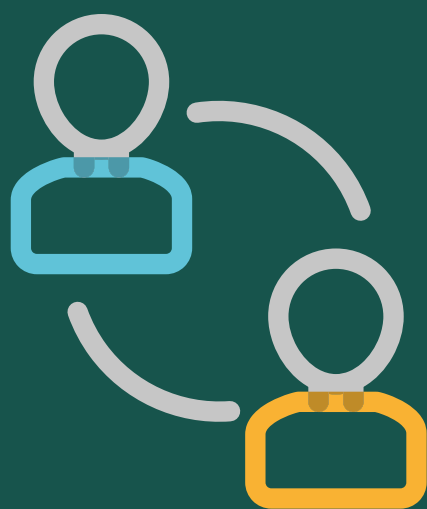
4. TAKE CARE OF YOUR HEALTH

Make sure you have healthy and balanced nutrition. Drink enough water. Take breaks and get good sleep. Take in sunlight and fresh air. Love, affection and calmness are just as important for your health.



5. TIME ALONE / TOGETHER

Find a balance. If you live with others, let each one have their own space for alone-time. If you live alone, make sure you connect with a neighbour apart from a network of people you can call anytime.



6. DAILY MOVEMENT

A walk of half an hour, dancing, pilates, yoga, zumba... There are many ways that can be a lot of FUN! And movement keeps your health up and lifts up your spirits!



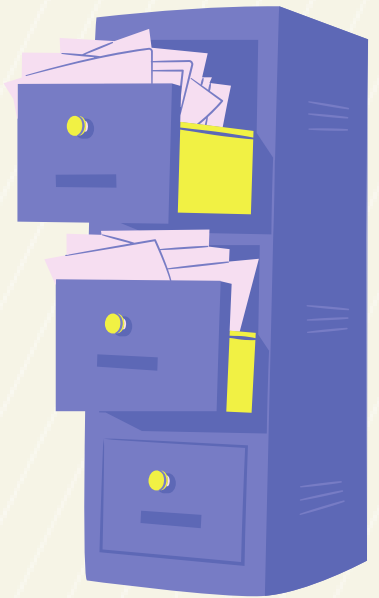
7. RELAXATION TECHNIQUES

Daily meditation, deep breathing, mindfulness, journalling, listening to beautiful music that relaxes you - they are fantastic remedies to stress, tension, and concentration problems.



8. DECLUTTER

A tidy house creates mental space. Empty space is visual silence: it gives your mind a break. Put away your stuff as soon as you've used it, so that you have a cosy and spacious home. Give away things you don't use: don't hold on to things you don't need.



9. INPUT VS. OUTPUT

Learn something new and express yourself in a creative way. Search for a balance between this input and output. It will make you a better learner and more creative!



10. SEE THE BIGGER PICTURE

In what world would you like to live? What can you do to contribute to that vision? A better world starts with yourself! It's like a positive contagious wave of consciousness: set the example and you will inspire others!



Hey! I'm Lobke, a musician and multidisciplinary artist. On my [Youtube Channel](#) and at www.lobke.world I explain each of these 10 tips in video episodes!