# Moving forward in wellness

## Making spaces work for you

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Freedom From Fear

# Why the need for wellness?

### *Why it is crucial that your well-being is addressed*

- Increasing cardiological, neurological issues.
- Proper understanding helps us to plan towards better pathways, whether at home, in relationships or at work.
- Increased productivity, ease of slipping into new spaces.

### *How relaxed do you need to be?*

- Take a deep breathe, hold it to the count of five and let go. Repeat this cycle thrice.
- If you are think that it helped you to feel better, you probably need to be doing this more often.

## The issues

- Anger issues
- Stress
- Interpersonal issues
- Loneliness
- Slowdown
- Mood swings
- Burnout

## Why

- Time management issues
- Uncertainty
- Anxiety
- Communication
- Lack of self-care
- Sleep issues
- Lack of social connect

## Solutions

- Self-care - Breathe, sleep, hydrate, proper diet
- Mindfulness
- De-clutter
- Organize, set routine, prioritize
- Draw boundaries
- Cut out negativity
- Push positivity into your spaces
- Digital well-being
- Don't focus on what you can't control
- Take one step at a time
- Be gentle on yourself
- Leverage on nature to relax
- Relaxation/meditation/exercise
- Communicate with understanding
- Reach out for support
- Music, reading, gardening, hobbies

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**Be gentle on yourself.
Give yourself the healing and
self care you need.**

*For more information-look up wellness
on the bodhini.in/blog*

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# SLEEP-

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## OUR SECRET WEAPON.

The one crucial ingredient we have that we take for granted in combating stress and health issues is sleep. We shouldn't underestimate the damage that lack of sleep does in creating health issues. For those facing sleep issues, it's a vicious cycle which will lead to burnout if you aren't careful.

### Some solutions to fix sleep issues.

**1.** Go to bed and wake up at a fixed time everyday.
**2.** Keep the room cooler than your body temperature.
**3.** Consume enough liquids to stay hydrated.
**4.** Switch off gadgets an hour before bedtime.
If you have to use them, use apps like f.lux or twilight (or in dark mode ) to reduce the blue light emission.
**5.** Switch off lights or wear eye masks. The darkness helps in the production of sleep hormone melatonin.
**6.** Have a wind down routine one hour before sleeping.
(Like relaxation techniques, listening to calming music etc).
**7.** If you are anxious about the next day's issues, jot it down on a to-do note, so that you don't think about it till the next day.
**8.** If you can't sleep, get out of bed and do something until you feel sleepy. Go back to bed only when you feel sleepy.
**9.** Avoid nicotine, caffeine or alcohol close to bed time.
**10.** Avoid strenuous physical or mental exertion close to bed time.
**11.** Eat an adequate dinner.
**12.** Avoid checking time when trying to sleep.
**13.** Avoid stressing too much about sleep.
**14.** Let's use this superpower to be our strength.

**For further support, look up blog.bodhini.in**

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A BODHINI INITIATIVE

# Clear your mind

- De-clutter the spaces around you. Bring in clear energy and keep it simple.
- De-clutter list - Jot down everything on your mind into a list to organize. It can be tasks, thoughts and problems. Remove the ones that are not needed and schedule the rest according to priority.
- Keep a to-do list every night before you sleep so that you don't take them to bed with you.
- Fix a Me-time, still your mind and find answers in silences, from within. (keep away gadgets /use them only for productive work)

# Set clear cut timings /prioritize

Include:

- Have a routine
- Organising/ scheduling
- Me time
  Self-care
- Family time
- Home
- Work
- Passion
- Sleep
- Digital wellbeing
- Prayer/ spirituality
- Humour
- Communicate openly
- Connect to others

## Ease up by organizing -

Make a list of to-dos and separate by priority.
Below is a basic guideline on which you can work on-

| | Urgent | Daily | Weekly | Monthly | Sometime |
|---|---|---|---|---|---|
| Home | | | | | |
| Work | | | | | |
| Myself | | | | | |
| Family | | | | | |
| Other | | | | | |

If possible, schedule timings to tasks. Cut out what you don't need.

# Towards new beginnings

## Making transition easy

### Some issues

- Financial
- Job uncertainty
- Health
- Elderly care
- Safety
- Children
- Stress

**WRITE IT OUT**

### Solutions

- Proper knowledge
- Organising
- Communicating
- Delegation
- Understanding
- Support systems
- Scheduling

# Don't focus on what you can't control

- Take one step at a time.
- Cut out what we don't need/negative spaces-online and offline.
- Together we can.

# Making digital spaces work for you

- Don't let the gadget define your life, use the gadget for your needs.
- Set the routine for your day by beginning productively, try not to start the day with gadgets.
- Assign time to let in outside factors like emails/social media.
- Watch for signs of addiction.
- Detoxify gadget space when needed.
- Prioritize productive spaces on the gadget.
- Follow Digital well-being rules.
- Try to take 20 seconds break for every 20 minutes that you use the gadget.
- Maintain an appropriate distance from the gadget.
- Beware that binge-watching could lead to loss of productivity.

# Using External Support

- Mindfulness apps.
- Travel.
- Leveraging social media to connect positively.
- Using humour.
- Gardening/farming.
- Books on positivity, music apps, feel-good movies.
- Productivity videos /organizing tips on YouTube.
- Tele-counselling centers.
- Online yoga /art/dance if it is not possible to go directly.

# Bodhini blog

- Towards a safer world together.
- Online safety.
- Relationships.
- Healing from death of a loved one.
- Healing.
- Sleep - our secret weapon.
- Stabilizing relationships.
- Safety for children.

**Some resources**

- Therapy in a nutshell (YouTube)
- Digital minimalism
- CBT-i Coach(app)
- Mindfulness Coach(app)
- Healing music
- Pick up limes(YouTube)

Whether at workplaces or at home, whether with ourselves or in relationships, we have choices. At every point of the way, if we are open to see, we have choices.

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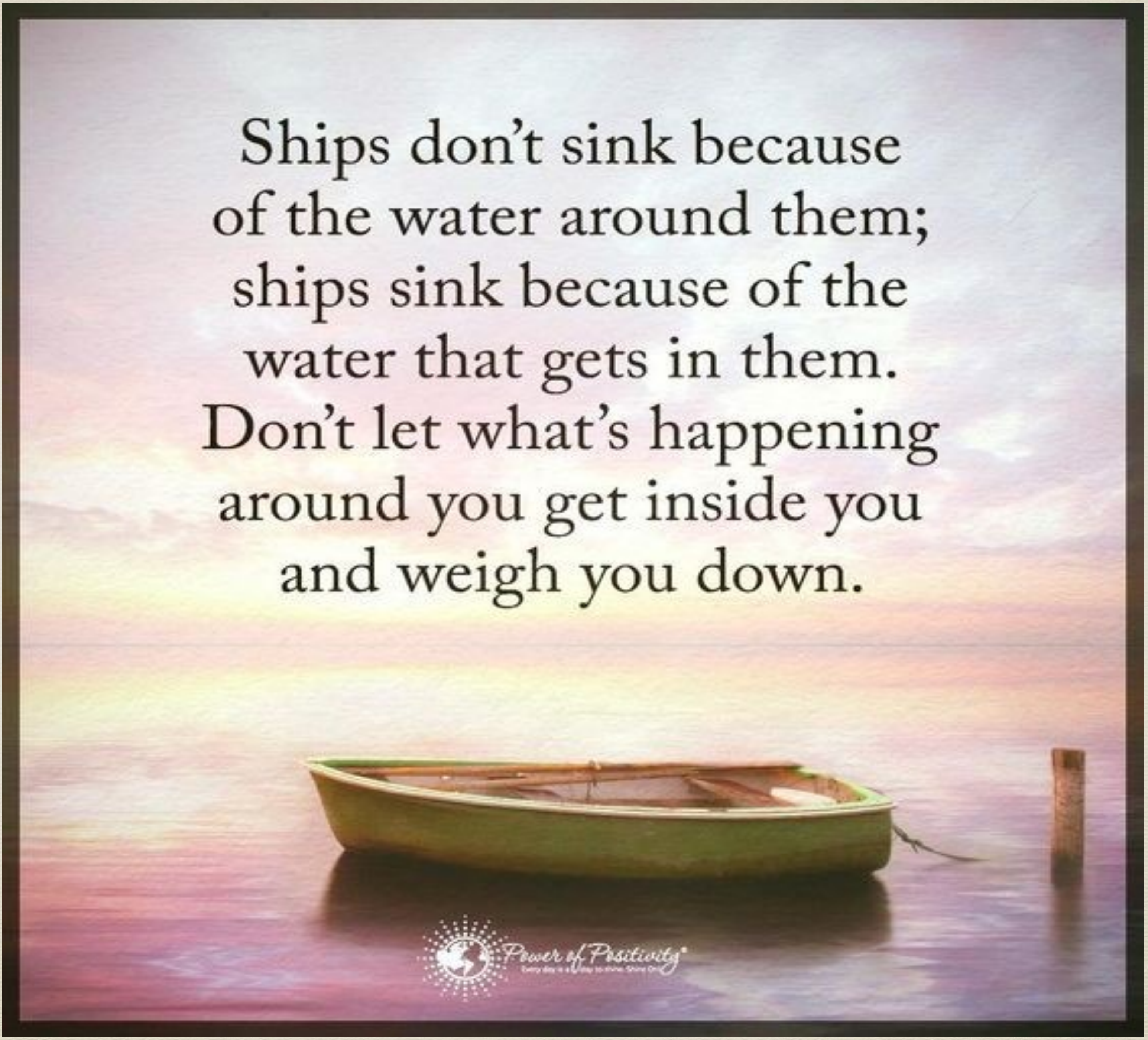
We might not be able to control what is happening in the external world, but we can change what is within and our response and reaction to the stimuli, by placing ourself in better spaces. That in turn, helps define a better environment for us too.



Ships don't sink because
of the water around them;
ships sink because of the
water that gets in them.
Don't let what's happening
around you get inside you
and weigh you down.

Power of Positivity®

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# WELLNESS

- Supporting one another
- Digital wellbeing
- Self-care
- Positivity
- Gratitude
- Mindfulness
- Deep breathing
- Exercise
- Food and water
- Sleep

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# TAKEAWAYS

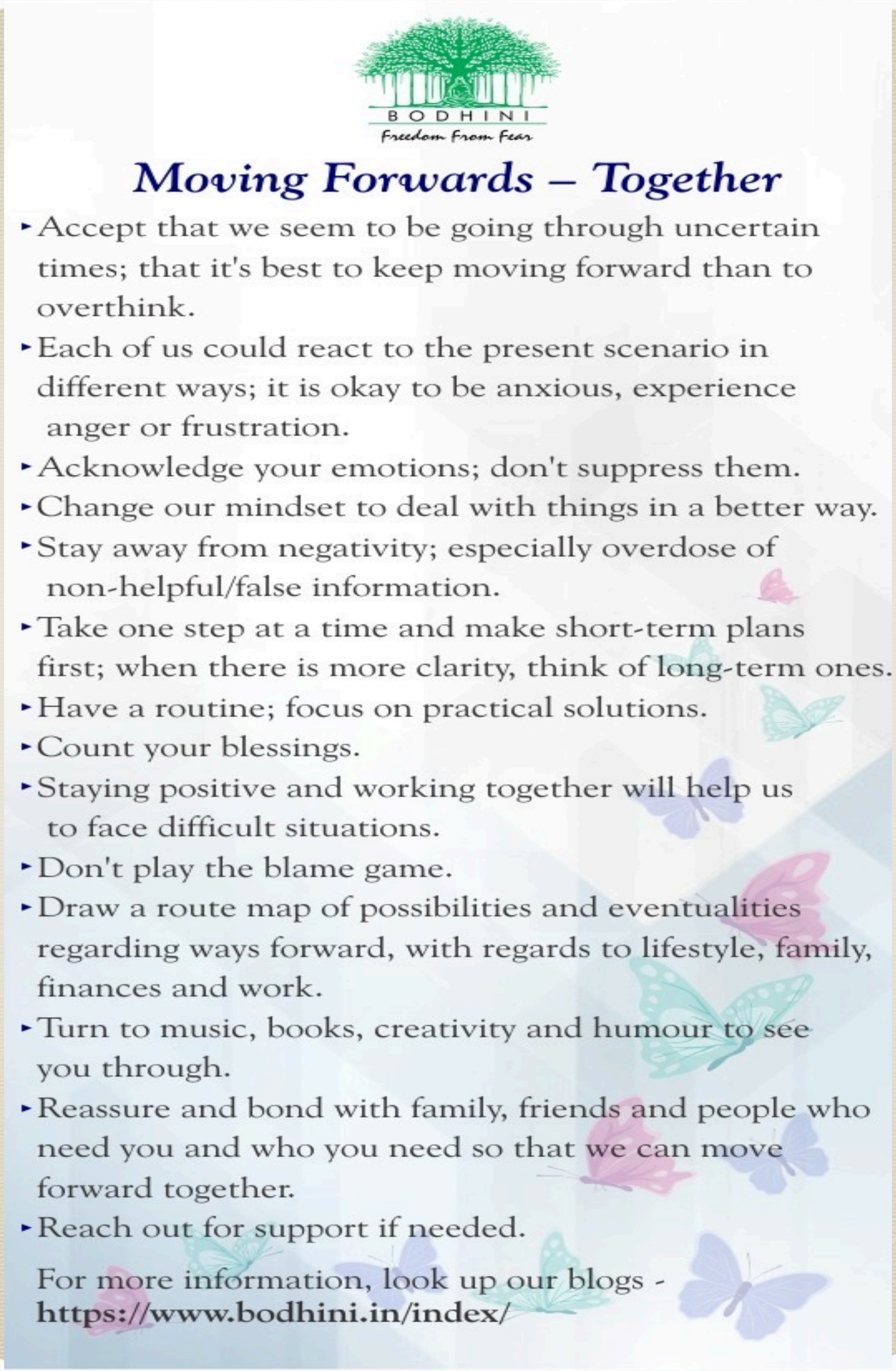
Rely only on verified and reliable sources of information.

Digital well-being, sleep, being hydrated and self-care are crucial to moving ahead.

There are tools like mindfulness, breathing exercises and support systems to leverage our strengths through wellness.

Draw boundaries and keep out negativity.

Work on the power of positivity, gratitude and forgiveness.



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## Moving Forwards – Together

- Accept that we seem to be going through uncertain times; that it's best to keep moving forward than to overthink.
- Each of us could react to the present scenario in different ways; it is okay to be anxious, experience anger or frustration.
- Acknowledge your emotions; don't suppress them.
- Change our mindset to deal with things in a better way.
- Stay away from negativity; especially overdose of non-helpful/false information.
- Take one step at a time and make short-term plans first; when there is more clarity, think of long-term ones.
- Have a routine; focus on practical solutions.
- Count your blessings.
- Staying positive and working together will help us to face difficult situations.
- Don't play the blame game.
- Draw a route map of possibilities and eventualities regarding ways forward, with regards to lifestyle, family, finances and work.
- Turn to music, books, creativity and humour to see you through.
- Reassure and bond with family, friends and people who need you and who you need so that we can move forward together.
- Reach out for support if needed.

For more information, look up our blogs -
**https://www.bodhini.in/index/**

Storms pass.
Towards gentle new beginnings, together.

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