

Support in these unprecedented times

Top Five

Guidelines, Links and Tools

Georgina Corscadden CEO

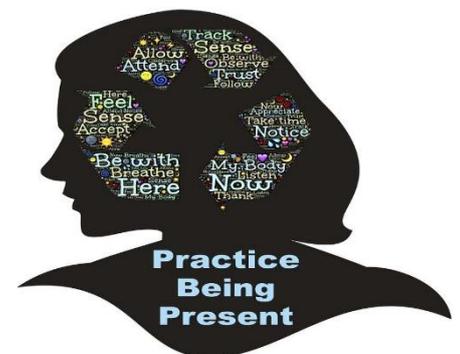
It is extraordinary times for all of us, but also perhaps provides us with an opportunity to catch up on ourselves and to work differently.

I have outlined some resources here to support you, stay well, safe and 'grounded'.

Good luck, hope you find them useful and always happy to hear feedback.

1. **Mindfulness** even 5 minutes is enough to calm the central nervous system and the mind. Try apps like;

- Stop Breathe and Think
- Smiling Minds
- Headspace
- Insights Timer



2. The **PIN© journal**. This is about you capturing your own observations and answers. A very easy and short journal idea and bullet points are fine.

P.I.N © As easy to use as your bank card

P. ositives at the front, capturing anything that lifts you up

I. nsights in the middle of what you are learning about 'me, myself, I'

N. egatives at the back – anything that drains you.



YOUR PIN JOURNAL

It's your journal so don't censor and reflect on what it tells you;

- i) What you might need more of?
- ii) What you might need less of ?to **sustain YOU** at this point in time.

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3. Managing Under Pressure – Olympian Style

Daniel Caines Ex Olympic Athlete

2007 signified the end of an athletic career cut short by injury but not before - winning World, European & Commonwealth titles over the 400 & 4x400m.



It is likely there is a lot of pressure around you from many areas, family, work, home etc. Remember even formula one cars need to be rehydrated and fuelled up, along with guidance towards the goal. Also, the car/body needs rest, fuel and checking all is good to go.

High voltage time is possible for all of us, but even Olympians have to;

RRR – R.etch R.eflect R.elaunch – Consider what you can and cannot do at this time? It is a strange gift of time for some, how can we claim and create something positive for ourselves, others?

4. Managing our thoughts C.C.C

The three CCC's

1. **C.**atch the negative thought
2. **C.**hallenge it
3. **C.**hange it to a more positive affirmative view of yourself



What can I say to myself?



INSTEAD OF:
 I'm not good at this
 I'm awesome at this
 I give up
 This is too hard
 I can't make this any better
 I just can't do math
 I made a mistake
 I'll never be that smart
 It's good enough
 Plan "A" didn't work

TRY THINKING:
 What am I missing?
 I'm on the right track
 I'll use some of the strategies we learned
 This may take some time and effort
 I can always improve so I'll keep trying
 I'm going to train my brain in math
 Mistakes help me to learn better
 I'm going to figure out how others do it
 Is it really my best work?
 The alphabet has 25 more letters!

Manage & Reframe Your Thoughts

5. *Useful Videos & Links*

- ECR animation (16 minutes) <https://youtu.be/HqIr3RW2MMQ>
- Navy seals Mental Training YouTube 'The Brain Navy Seals Pool Comp' (16 minutes View minute 7.45 -16) <https://youtu.be/Ju4FojRkEku> Video segment from "The Brain" documentary - The History Channel, *Navy SEALs Mental Training: KEY POINTS of Building Resilience and Overcoming Panic & Anxiety*

THE FOUR TOOLS

- Goal Setting / Mental Rehearsal / Self Talk / Arousal Control

- Video Self Empathy - <https://youtu.be/wN5BqCKO9DY>
- Links: Anxiety - <https://www.irishtimes.com/life-and-style/health-family/coronavirus-how-to-cope-with-covid-19-anxiety-1.4202396>
- Calm - <https://blog.calm.com/take-a-deep-breath> (Excellent tools for adults and Children)

Take care, stay safe and this too will pass (Rumi)