

Coping with COVID-19 (Mindset Matters)

Hello Friend,

How are you doing? I hope you are doing the best you can do during these crazy times that we are living in. Honestly, I am trying to stay focused on my family, my work and myself, which is what I usually stay focused on anyways. However today seemed to drag on forever. I had so much to do, but almost felt like doing nothing. Does that feeling sound familiar? Almost like we are waiting for something to end so that we can begin ... I had to snap myself out of that feeling and I was able to do that by writing to you today.

Since I have personally designed a wheelhouse of mindset tools to get me through anything in life, I thought it would be a great idea to share some of those tools with you, so that you can continue to design your life, during this 'time of change.' Our lives are always changing, but recent changes have affected all of us in a way that most of us have not experienced before. There is a lot of unknown and uncertainty, but what you have to tell yourself is: I KNOW I WILL GET THROUGH THIS. Mindset matters every day, but during a time like this it is your number one saving grace, in my opinion.

Here are a few tools that you can incorporate into your daily routine to help you cope with COVID-19 (and anything else life throws your way):

1) Gratitude Journaling: Gratitude turns what we have into enough. Now is the time to sit down for 5-15 min a day and write down everything you are grateful for from your family, health, home ... to simple things like coffee and sweatpants. Imagine not having any of these things. When you imagine that, you will be much more grateful for what you have during a time like this. I sat on conference calls all day. I caught myself sighing like it was the worst thing ever, and then I suddenly reminded myself how grateful I am to have a thriving job and career during a time of economical decline. See what I mean ... this tool works.

2) Being Present in the Moment: "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." ~Ferris Bueller. What does that mean? It's the ability to be fully present, aware of where we are and what we're doing and not be overly reactive or overwhelmed by what's going on around us. Things seem kind of difficult to overcome right now, but you can do it. First, limit time on social media and the news. That will help tremendously. Secondly, relish in every moment you are in. Enjoy conversations with family. Take time to look at the sun, moon and stars. Truly enjoy food and drink when you are consuming it. Lastly, do not think about the past or what is next ... JUST BE IN THE NOW.

3) Letting Go: This is the mama jama of all things mindset ... having the power to surrender. You give everything up to the universe and stop controlling and worrying. If you spend time worrying about things you cannot control, you are basically wasting

good time and energy on things that will boost your mindset and aid you in continuing to design your life, and you are missing the good things that are happening around you! The only thing we can control is oneself and how we react to what is around us. Note the lesson in every situation and move on. You will feel so much better if you just let go. During the COVID-19 situation, all you can do is stay home, stay healthy, care for loved ones and keep improving. Let go of the rest ... it will feel so good!

4) Relaxation: Sometimes the most productive thing you can do is relax. We seem to have more time on our hands lately, but I see this as a good thing. Use the time to read, rest, reset, listen to music, exercise, dance, take a bath, meditate, or even clean your house (I find cleaning mindless and relaxing). Do what you enjoy and a lot of it. I'll be honest in that I am probably the most relaxed that I have been in a long time because it is almost as though the world slowed down right before my eyes ... I kinda needed a break like that.

5) Manifestation: What is manifestation? This is when you truly envision what you want and desire. Envision yourself succeeding and improving during this seeming time of chaos. Manifest one thing you want to improve upon during this time and do it. Picture yourself becoming even more of a badass than you were before. I am manifesting becoming a lead guitarist and I even started working on this last week. I will do it! YOU WILL SEE IT WHEN YOU BELIEVE IT!

I have a lot more tools to share, but I handpicked these five with love because I truly feel that they will help your mindset, which will get you through this time of uncertainty and allow you to improve during the entire process, so that the next time something like this happens, you will know how to cope.

Some people look at COVID-19 as the worst thing that could happen to us, but I look at it a bit differently. I look at it as a time to focus on yourself, as a time to spend with family, as a time to come together united as one nation to fight this, win and prove that we are stronger than we thought we were.

Mindset matters ...

With Love & Light, XOXO,
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'We design lives for a living.'