

## 5 top tips to get us through these difficult times.

- 1. Keep Breathing:** You might have to lock your room to feel safe to just let your body move in a way that it wants to, knowing that you will not be disturbed or seen. It's really freeing and fun to dance "like no one is watching," and it will help you to quickly feel better.
- 2. Visualise a Better Future:** If you are good with visualization and imagination, try this tip. First, make a list of all the good things, experiences and people that you want to bring into your future. Try to be as specific as possible and resist the urge of your mind trying to figure out the "how," or telling you that it is not possible.
- 3. Reach out to Your Friends:** Reaching out to someone else in times of great distress and change can not only make you feel more connected to others, it will also help you navigate difficult times much better. We humans are inherently social creatures and are not meant to handle everything on our own.
- 4. You Are Not Alone:** There are millions of people in the world who have gone through similar challenges like you are facing right now and these people have made it through, and so will you.
- 5. Exercise:** Be aware that training too hard or too often can cause overuse injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments. Sports prompting repetitive wear and tear on certain parts of your body — such as swimming (shoulders), jogging (knees, ankles, and feet), tennis (elbows) — are often overuse culprits, too. A mix of different kinds of activities and sufficient rest is safer.

