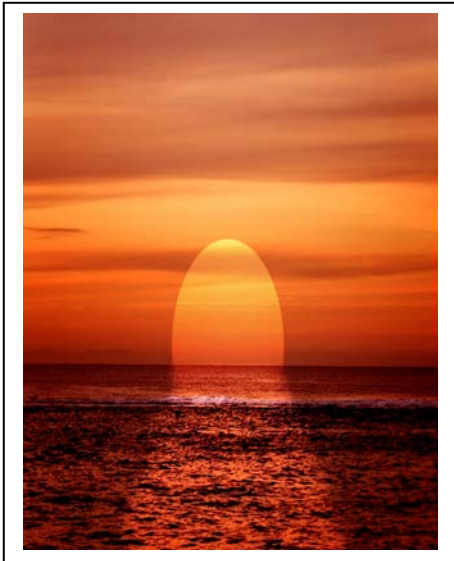


## 7 Tips for Happiness and Quality of Life - COVID-19 Coping Strategies



### 'Drains and Radiators'

Create your inner circle and be sure to take care of yourself. If you do not start by taking care of yourself, and putting your own health and mental wellbeing first, how will you have the energy to make sure all the people you love and care about most will be OK? Understand the concept of drains and radiators. Your 'radiators' are the sunny, cheerful people and influences in your life, and the 'drains' are any negative influences around you, which you need to reduce to a minimum, or zero if possible. Remember also to share and allocate activities so that you are not responsible for doing everything for everyone else all the time.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Positive Mental Attitude & Mutually Beneficial Relationships

Take action today, and help someone you know who might be struggling right now, either by sharing a business idea you might have for them, helping them with their business or marketing plan, and sharing your skills and time for free, for example. Remember that this can be a purely altruistic one-way activity, or mutually beneficial arrangement, and added to your CPD record.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



### Be Kind – Help Each Other

Now is a good time to change our behaviour, and to only share positive feedback, help others, and avoid any negativity. Have 'news fasts', and limit the amount of time you spend listening to the news and being online. Play music, put on the radio, and sing and dance instead. Write down 3 things which make you happiest, maybe looking back through photos of travels, friends and family, and do them regularly.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Use and Share Your Skills and Talents

Use your skills and talents to help yourself, and then share that information with others. How about mentoring others in your professional organisation, sharing your top tips in a blog, and offering your free services to help another SME to continue to grow their business online?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



### Celebrate Our Differences

Each and every one of us has something different to bring to the mix. Play to each other's strengths, and learn from each other. Ensure that you continue your own personal growth. Set anchors and benchmarks so you can see how far you have come. Write a gratitude and achievements diary.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_



**Say Yes to Less and Reduce Your Stress** You may feel that you will get all those things on your 'To Do List' done now that you are staying at home the whole time. However, pace yourself, and know that if you have achieved just 3 small things each day, you have done more than when you got up! Celebrate your achievements, however big or small. Do the amount of tasks each day that you can cope with.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

### Smile and Find Joy in Simple Everyday Things

Enjoy being with loved ones, a butterfly, cooking lemon meringue pie successfully for the first time, achieving one of your first online projects on your work 'To Do List' etc.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

