

THRIVING DURING ISOLATION

WORKBOOK



*A step-by-step guide to your personal
'thriving during isolation' strategy*

COACHING
CULTURE

In these unprecedented times, people will be experiencing different emotions. Some will be experiencing **fear and panic**, while others will be **feeling calm and focused**, and everything in between. No two people will be feeling the same, and that's OK.

Understanding ourselves and each other is more important than ever. **Self-care, compassion and acceptance of all the emotions** that may be arising right now is what is required.

This workbook is a **step-by-step guide to build your own personal strategies** that will help you to **thrive during isolation**.

Research shows how **spending time writing down our own private thoughts and feelings is proven to help us connect with our emotions and improves mental clarity, relieves stress and inspires creativity**.

Here are a number of carefully chosen **exercises and challenges** to help you **shape your thoughts, your mindset and your behaviours** to thrive during isolation.



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WHAT IS RESILIENCE?

On a day to day basis, resilience describes the ability to bounce back after setbacks and to cope with the pressures of daily life. When in isolation, building resilience is about being aware of our own thoughts and feelings and being able to focus on the things that we are in control of and park the things that we can do nothing about.

WHY DOES RESILIENCE MATTER?

It is more important than ever to dig deep and find our inner strength and resilience when in isolation, when our routine of daily life has been dramatically changed, without warning and with minimal preparation. Living in isolation creates uncertainty, so the sooner we gain control of our own situation, the sooner we will be able to thrive.

HOW TO BUILD RESILIENCE

1. Be aware of our thoughts
2. Look for the positives
3. Find humour where possible
4. Maintain perspective
5. Focus on the controllables



Circle of control and sphere of influence

Negative thoughts and emotions are a natural and understandable bi-product of being in isolation. Our very own thoughts can really begin to weigh us down.

Things that we are worrying about, things that might never happen, things that we can't control nor can we influence...

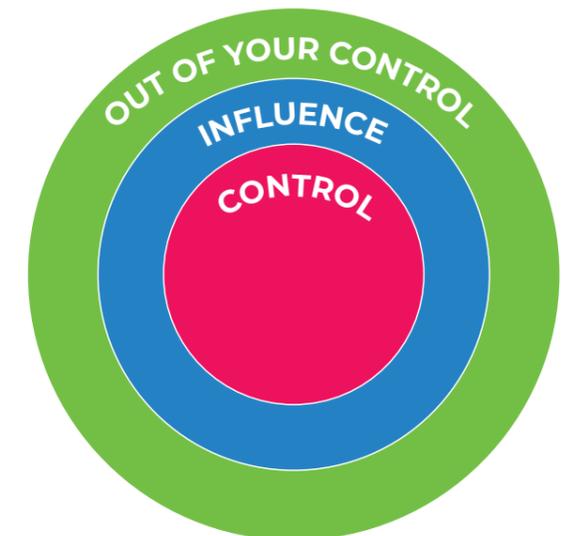
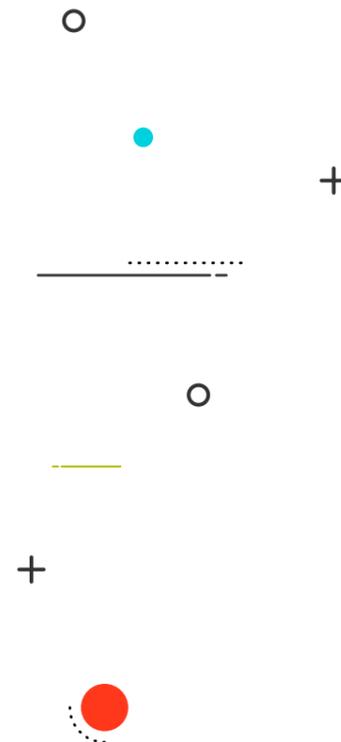
A more resilient way to view things is to focus less on what we cannot control and more on what we can control and influence.

Positive, resilient people spend way more time working out what they can do, rather than what they cannot do, whether they are in isolation or not.

Re-framing our thoughts to think about the things that we can affect and the things that we can do something about is often a useful way to stay calm and focused in challenging times.

This exercise is called...

CIRCLE OF CONTROL AND SPHERE OF INFLUENCE





Think about **the most challenging things that you are currently experiencing** and how your resilience is being tested.
List the following things.

1. Things that are in your control.

2. Things that are not in your control.

3. Things that you can influence.

4. Things that you cannot influence.



Imagine you **start to focus all of your energy on the things that you can control** and those things that you can influence.

Q1. What are the things that you need to change in order to focus on these areas?

Q2. What do you need to stop doing?

Q3. What do you need to start doing?

Q4. What do you need to continue doing?

Q5. What are the benefits to you and those around you to focus on what you can control and influence?

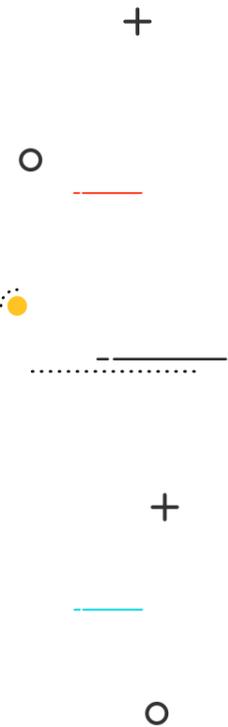




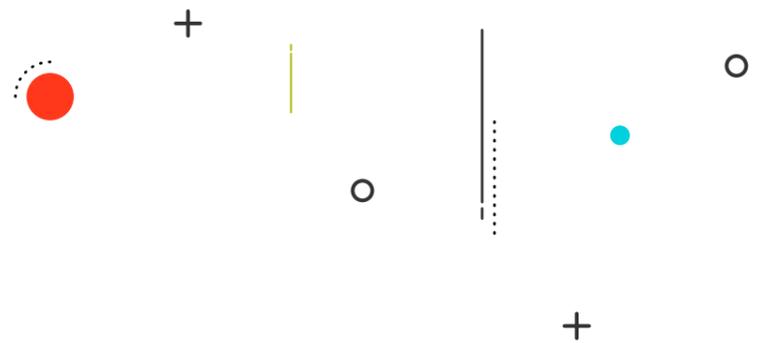
Out of the list of things that you can control, what are the things that you love doing the most?
Your challenge is to ensure that you do more of the things that you love doing every day while in isolation.

A large rectangular box with a white background and a grey border, containing ten horizontal grey lines for writing.

Write down a list of the things you love doing, and how they make you feel



"You may not be able to control every situation and its outcome, but you can control your attitude and how you deal with it"



PHYSICAL WELLBEING



WHAT
IS PHYSICAL WELL-BEING?

Physical well-being is not just about good health, it also describes a number of pro-active lifestyle choices that we can make that positively impact our daily life.

WHY
DOES PHYSICAL WELLBEING MATTER?

Having a good physical wellbeing not only helps us to look good, but it also greatly enhances our mood and mental wellbeing. Being in isolation has the potential to change how much we move, how well we sleep and what we choose to eat and drink as we may lose the motivation to exercise or we turn to food and drink as a comfort or stress- relief in these testing times.

HOW TO IMPROVE PHYSICAL WELLBEING



PHYSICAL WELLBEING



Good Me / Bad Me

Being aware of what we are doing that could be detrimental to our physical well-being is a positive starting point for change, as it's our daily choices and habits that will ultimately lead to our personal success or not.

Think about a particular aspect of your physical wellbeing that you would like to change, for example this could be your diet or your levels of exercise.

GOOD ME

Now close your eyes and imagine the time when you're out of isolation and life is resuming as normal.

Think about the version of you who has achieved your wellbeing goals and has developed positive daily habits.

- Think about what your ideal life could look like then....
- Think about all the great things that will be happening in your life then...
- Think about what your life would feel like...
- Think about this for as long as you want...

Picture in your mind your ideal scenario, so it brings a big smile to your face...

Now, stay there for a moment with your thoughts.

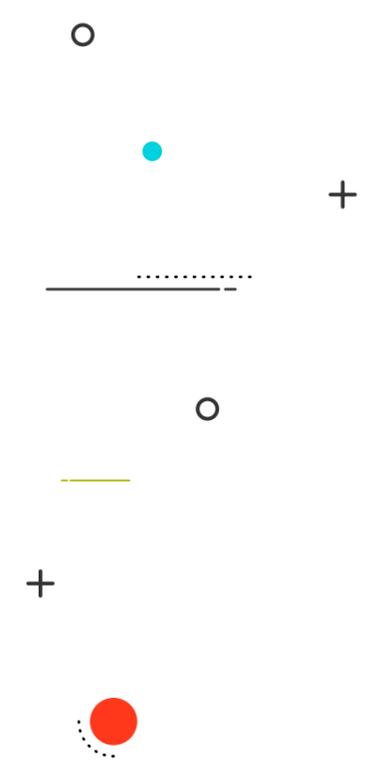
BAD ME

With your eyes still closed, imagine the time when you're out of isolation and life is resuming as normal yet throughout isolation, not only did you not achieve your wellbeing goals, you allowed your physical wellbeing to deteriorate.

- Think about what your life would look like then....
- Think about all the things that would be happening in your life then...
- Think about the things that would not be happening because of your wellbeing...
- Think about what your life would feel like...
- Think about this for as long as you want....

Picture in your mind a scenario that leaves you feeling dissatisfied.

Now, take a moment to think about the following questions...



Now, take a moment to think about the following questions...

BAD ME

Q1. What words spring to mind when you think of your dissatisfied self?

Q2. Thinking about your current physical wellbeing while in isolation, what are the behaviours you would like to change?

Q3. What are the triggers that lead you to your current 'bad' habits? (List as many as possible)

Q4. When you are currently triggered, what do you routinely do and why?

Q5. What are the consequences of these habits?

Q6. What would be the first thing that you would need to change?

GOOD ME

Q1. What words spring to mind when you think of your ideal you?

Q2. Thinking about your future positive self, what are the behaviours you will have changed?

Q3. Thinking about your future positive self, what will you be doing differently, when triggered, to maintain good habits? (List as many as possible)

Q4. What are the benefits of these new habits?

Q5. What are you now thinking about the two versions of you?



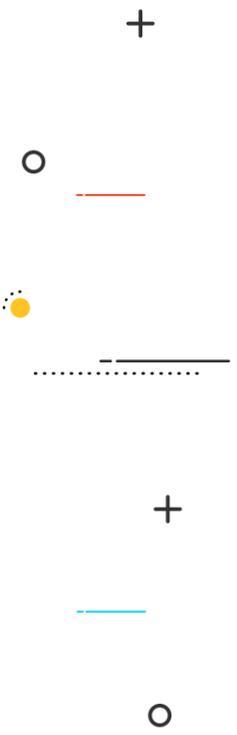
PHYSICAL WELLBEING

Choose one key area that you would like to change about your physical wellbeing throughout isolation and commit to scheduling time while in isolation to make that one thing happen every day.
Remember, it's our **daily habits** that will lead to our success.

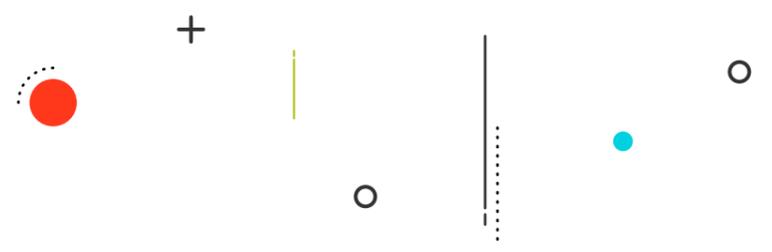
PHYSICAL WELLBEING

Challenge

Write down the one key area you would like to change and why



“Motivate the mind and the body will follow”



EMOTIONAL WELLBEING

WHAT IS EMOTIONAL WELLBEING?

Positive emotional wellbeing is when we are in good mental health and we are able to meet the demands of everyday life.

WHY IS IT IMPORTANT TO FOCUS ON EMOTIONAL WELLBEING?

Focusing on our emotional wellbeing is important because it can help us to remain calm and positive and reduce feelings of emotional overwhelm and anxiety.

A long period of isolation may well have a detrimental impact on our mental health, as the cumulative effective of being indoors builds up, the days start to feel like they are merging into one and there is no clear end in sight.

One of the main problems with isolation is that we start to miss the small things that make up our normal life, which could be as simple as meeting up with a friend for a coffee. Not only that, but in times of isolation, we have a lot of time to think and over-think

HOW TO LOOK AFTER EMOTIONAL WELL-BEING

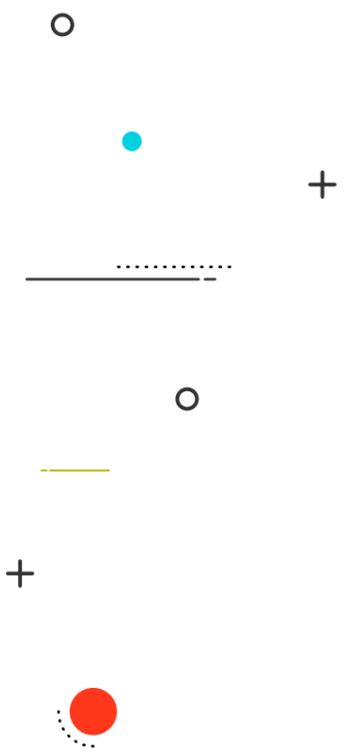
1. Face our feelings
2. Talk about our thoughts and feelings with others
3. Eat well and drink water
4. Ask for support
5. Look after physical well-being
6. Connect with others
7. Respond to situations, don't react
8. Be grateful for small things
9. Try relaxation techniques
10. Be kind to ourselves and others

EMOTIONAL WELLBEING

My ideal isolation time

Thinking specifically about this time in isolation, think how you could thrive in isolation by making the most of this time. This exercise will help you to capture your thoughts on paper.

In the four-box grid on the next page, capture your ideas.



EMOTIONAL WELLBEING

BOX 1: WHAT WOULD YOUR IDEAL TIME LOOK AND FEEL LIKE IN ISOLATION?

Capture as many things as possible that are allowed while in isolation; these could include: Staying healthy, eating well, learning new skills, speaking on Facetime with old friends, daily exercise, cooking new meals, reading a book, writing a journal, gardening, cooking new meals and many more...

BOX 2: IN ORDER TO ACHIEVE THE IDEAL TIME. WHAT HELPFUL THOUGHTS WOULD YOU NEED TO HAVE?

Capture what kind of thoughts would be helpful to thrive in isolation; these could include: I think that I need to get into routine, I think that I am good at cooking, I think that it's time to chat to my friends, I think I need to exercise daily, I think I am going to help in the community etc...

BOX 3: IN ORDER TO ACHIEVE THE IDEAL TIME. WHAT HELPFUL FEELINGS WOULD YOU NEED TO HAVE?

Capture what kind of feelings would be helpful to thrive in isolation; these could include: I feel healthy, I feel relaxed, I feel calm, I feel fitter, I feel helpful, I feel compassionate etc...

BOX 4: IN ORDER TO ACHIEVE THE IDEAL TIME. WHAT HELPFUL BEHAVIOURS/ ACTIONS WOULD YOU NEED TO DISPLAY?

Capture what behaviours would be helpful to thrive in isolation; these could include: Facetime with friends, doing the garden, learning a new skill, doing daily exercise, working on a book, eating nutritious food etc

Ideal time:

Helpful thoughts:

Helpful feelings:

Helpful behaviours:

Exercise

EMOTIONAL WELLBEING

Now, take a moment to think about the following questions...

Q1: Looking at the full grid, what are you now thinking about your ideal isolation time?

Q2: How are you going to ensure you focus on your helpful thoughts and feelings?

Q3: What are you going to commit to doing right away?

Q4: When you come out of isolation, how will you ensure you have thrived?

Exercise



EMOTIONAL WELLBEING

Choose one key area that you would like to focus on to ensure you achieve your ideal isolation time and commit to scheduling time while in isolation to make it happen.

Remember, isolation doesn't have to mean long drawn out days, it is possible to focus on helpful thoughts and feelings and to display positive behaviours and actions.

Challenge

EMOTIONAL WELLBEING

Blank lined writing area for notes.

Write down the one key area you would like to focus on and why

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"Caring for the mind is as important as caring for the body. One cannot be healthy without the other."



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21.

POSITIVE ATTITUDE

WHAT
IS A POSITIVE ATTITUDE?

A positive attitude is a state of mind that visualises and expects positive results. It is an attitude that focuses on the good in situations and people, rather than the negatives, failures or faults.

WHY
IS A POSITIVE ATTITUDE IMPORTANT?

Maintaining a positive attitude is a beneficial way to be under normal circumstances. It is especially important in these unprecedented times, when things seem uncertain, so much is out of our control and we are forced to adjust to a new daily life in isolation.

Some people will be choosing to see the many downsides of being in isolation, which could be leading to anxiety, stress and even depression. While there will be those people who will be choosing to find the many positives, and they will be thriving, feeling calm and making the most of this new way of living.

HOW TO DEVELOP A POSITIVE ATTITUDE



We can always choose our thoughts and we can choose to change our thoughts, no matter what. Our attitude and mindset is always a matter of choice.

POSITIVE ATTITUDE

Positive Positioning

Think about the current situation of being in isolation.

Imagine you are now describing the situation to two of your friends: Friend 1 and Friend 2...

WITH FRIEND 1:

Tell them all the positives of being in isolation, all the things you have achieved and that you are going to achieve.

Share your positive thoughts and feelings.

Share all the good that is happening at this time.

Imagine you are saying it with a big smile.

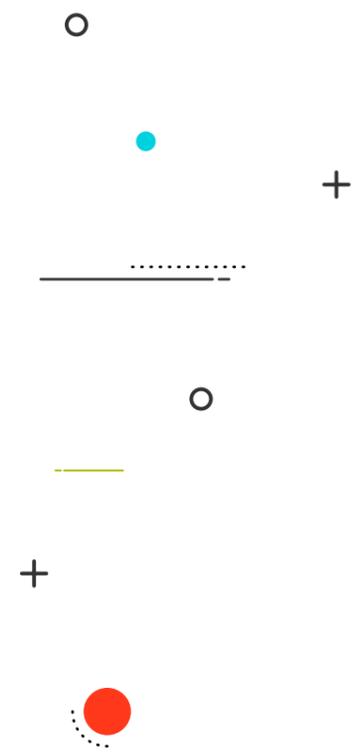
Really think this through, as we can always find positives if we look hard enough...

Imagine how Friend 1 will be reacting to you

Q1. How are they feeling?

Q2. What are they saying?

Q3. What are they doing?



POSITIVE ATTITUDE

WITH FRIEND 2:

Share all the negatives of being in isolation.

Let your negative thoughts and feelings flood out.

Imagine how Friend 2 may be reacting to you

Q1. How are they feeling?

Q2. What are they saying?

Q3: What are they doing?

Exercise



POSITIVE ATTITUDE

Now, take a moment to think about the following questions...

Q1. How did the positive attitude feel?

Q2. What was the reaction of Friend 1?

Q3. How did the negative attitude feel?

Q4. What was the reaction of Friend 2?

Q5. On reflection, what would the benefits of a more balanced viewpoint of being in isolation feel like?

Q6. As we don't know how long isolation will last, how will you choose to think, and what will you choose to do to thrive in isolation?

Exercise



POSITIVE ATTITUDE

Thinking about the positive side of being in isolation, your challenge is at the end of each day to write down all the things you enjoyed about your day.

Capture your favourite moments, all the things that made you happy, no matter how small they were, capture them in your positive isolation journal.

Journal template with 10 horizontal lines for writing.

Write down all the things you've enjoyed about your day

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Challenge

POSITIVE ATTITUDE



"A positive attitude gives you power over your circumstances instead of your circumstances having power over you"



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SOCIAL CONNECTEDNESS

WHAT IS SOCIAL CONNECTEDNESS?

Social connectedness is about feeling close, valued and cared for by others.

Back in the 1940s, the psychologist Abraham Maslow identified a number of human needs. Having positive social connections and a feeling of belonging were among those needs.

WHY IS IT IMPORTANT TO FEEL SOCIALLY CONNECTED?

Fundamentally, we're social animals. When we feel connected and close to others, our overall mental health and wellbeing gets a boost. Friendships increase feelings of self-worth, create a sense of purpose and generate an overall sense of wellbeing.

Being in isolation, people are no longer having the same kind of contact with family, friends or colleagues. This is a significant change to our normal social interactions, for many people, that can lead to a real sense of loss, sadness and loneliness. It is fair to say that even those who thrive in their own company are likely to be finding social isolation a new and different challenge, and here's why.

Our brains are wired in such a way that we need to be socially connected. We need to be around other people to truly thrive. We have a hormone in our brain called oxytocin, yet it is also referred to as the 'cuddle hormone', as it is released when people cuddle or bond socially. It makes sense why being deprived of human touch and personal contact can feel unsettling. In addition, doing good things and demonstrating acts of kindness for other people releases a hormone in our brain called serotonin, which in turn boosts our own wellbeing and feelings of satisfaction.

HOW TO KEEP SOCIALLY CONNECTED

1.

Use technology to video call

2.

Use social media to stay in contact

3.

Help and support others

4.

Reconnect and check in with as many people as possible

5.

Say hello to strangers while out at the shops and exercising

SOCIAL CONNECTEDNESS

Social Kindness

Think of all the people who you care for in life.

For example, your family, your friends, your colleagues, members of your local community, key workers, those in need... etc

Complete the social kindness grid on the next page.

List down all the names of the people who you would like to be able to reconnect with or connect with for the very first time and write down all the ways that you could show kindness to that person.

This could be as simple as a phone call, a video call, a postcard through their door, help with their shopping, a gift left on their doorstep...



SOCIAL KINDNESS GRID

Now, take a moment to think about the following questions...

	WHO	ACT OF KINDNESS
FAMILY		
FRIENDS		
COLLEAGUES		
COMMUNITY		
KEY WORKERS		
THOSE IN NEED		

Q1: What would you like to achieve out of this social kindness exercise?

Q2: What will the benefits be to you?

Q3: What will the benefits be to others?

EMPATHY

WHAT IS EMPATHY?

Empathy is the ability to understand and appreciate the emotions of other people and understand the other person's perspective.

WHY IS EMPATHY IMPORTANT?

During isolation, most of us are experiencing changes and disruptions to our daily life, and with a huge amount of information, news and stories, it is not unusual to feel overwhelmed by it all. This in turn could lead to anxious feelings, loss of appetite, disrupted sleep patterns, comfort eating and low moods.

It is therefore important to be kind to yourself as well as show empathy to others who may be struggling. Everyone will be experiencing different emotions at different times. Some people may be quick to criticise others without making the effort to understand what is driving their choices or behaviours. Just because some people are behaving in a certain way, this doesn't mean that everyone else will do the same. It is important to remember that we cannot control how others behave, only our own actions.

There are many benefits to showing empathy, as it not only helps us to feel less lonely and more socially connected to others, it also helps to manage our own emotions during challenging times. It's important to be empathetic to others and non-judgmental and show up as our best selves to support others in these testing times.

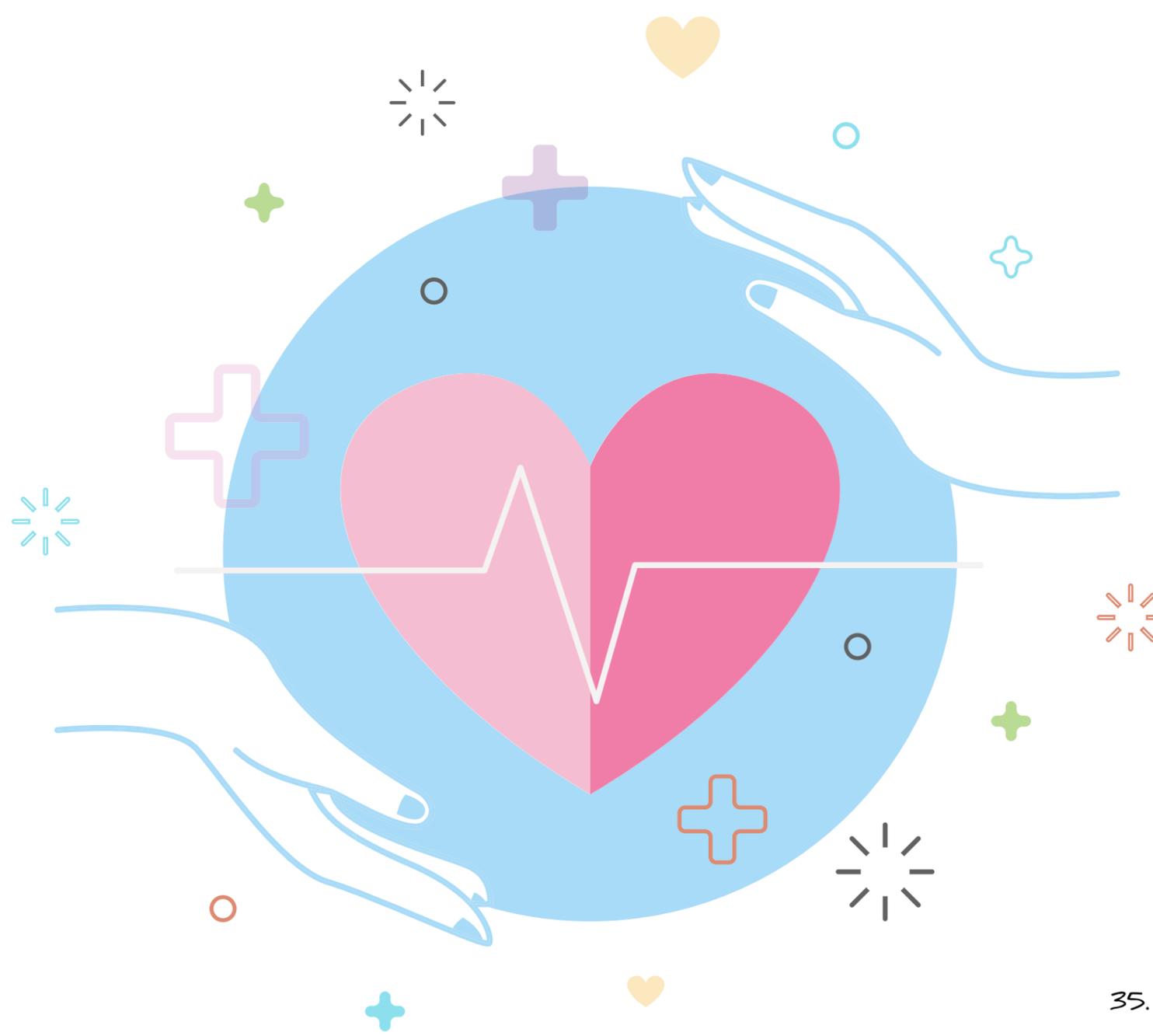
HOW TO DEVELOP EMPATHY

1. Listen to others
2. Understand how others are feeling
3. Display acts of kindness
4. Imagine ourselves in other people's shoes
5. Offer support to others

EMPATHY

Tune in

People who may be struggling will display this in a number of ways. Some will choose not to shout it from the rooftops and instead they will fight their own internal battle. On the other hand, some will spread fear, lose their temper or openly break down. To show empathy, it is important to tune into what others are and aren't saying. Whether it is in their language when you speak to them, their posts on social media or their behaviours day in and day out.





Before you tune in to somebody else, think about yourself. Think about a time when you have felt sad or frustrated.

Q1: Who tuned in to you and showed you empathy?

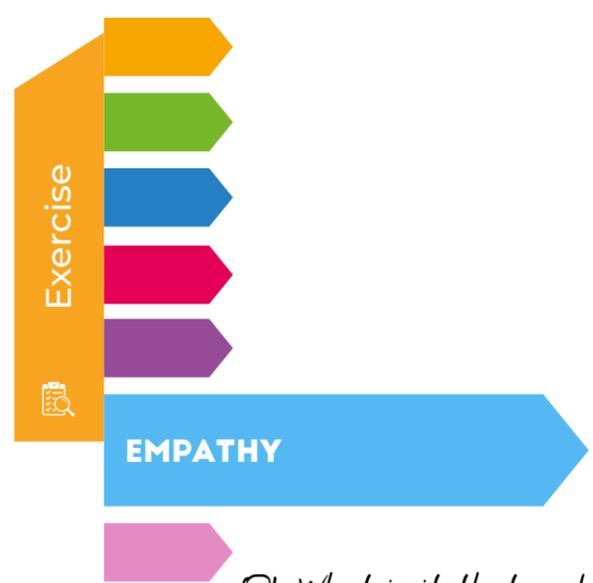
Handwriting lines for Q1

Q2: What did they say and do?

Handwriting lines for Q2

Q3: How did their empathy make you feel?

Handwriting lines for Q3



Now think about someone who may need your support during this period of isolation.

Q1: What is it that makes you think they need your support?

Handwriting lines for Q1

Q2: What are all the ways that you could show that person that you are there for them and that you understand their situation?

Handwriting lines for Q2

Q3: What would you like to say to that person?

Handwriting lines for Q3

Q4: What would you like to do for that person?

Handwriting lines for Q4

Q5: How would you want them to feel differently?

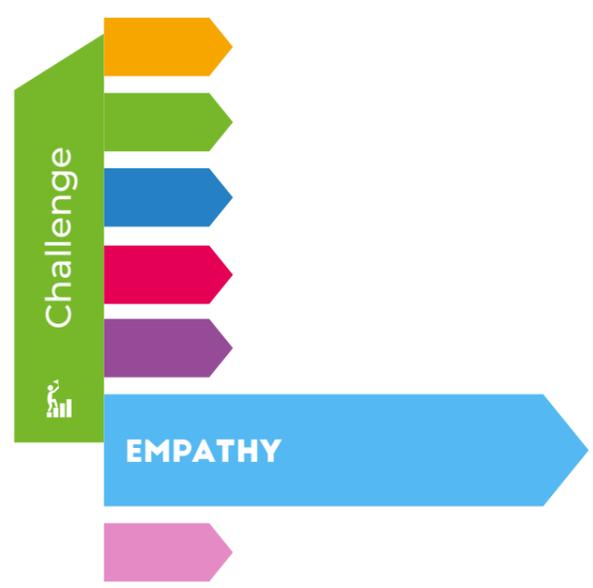
Handwriting lines for Q5





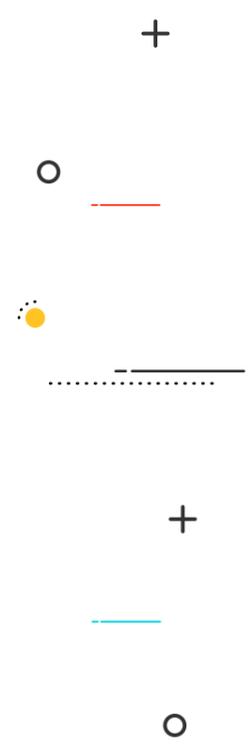
Thinking about the person who needed your support, **your challenge is to commit to contacting that person to check in with them** and hear how they are feeling and show them that you care and that you can **empathise with their situation.**

Listening is often all that is needed.

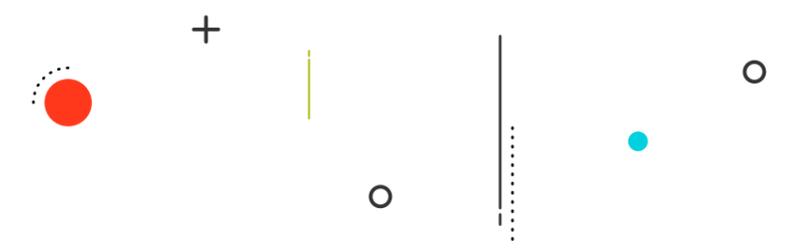


A large rectangular box with horizontal grey lines, intended for writing down a conversation.

Write down the conversation you had with the person you contacted



“The highest form of knowledge is empathy”





MINDFULNESS

WHAT IS MINDFULNESS?

Mindfulness is all about being present in the moment, being aware of our emotions and suspending judgement of ourselves and others.

WHY IS BEING MINDFUL IMPORTANT?

It is crucial during isolation to be able to deal with our emotions and thoughts. For some, being in isolation can create feelings of fear and anxiety about so many different things. For others, they may find a sense of peace and quiet as they grow as a person and learn to thrive.

As being mindful means living calmly in the moment and without judgement, it can help us to learn to deal with negative thoughts. Mindful practices can help us to be more aware of what is happening and help us to respond more effectively in challenging times.

HOW TO BE MORE MINDFUL

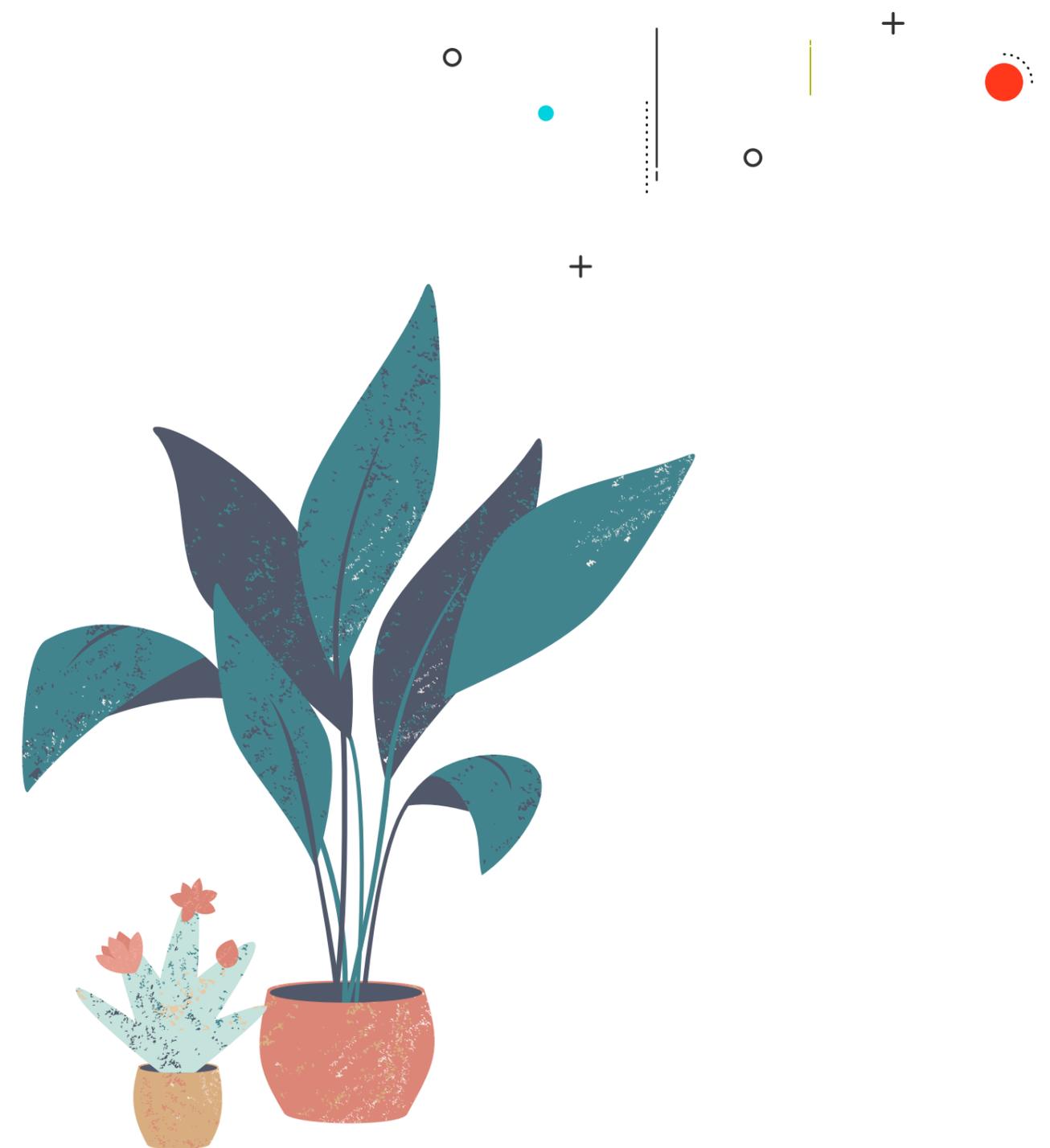
1. Find joy in the smallest of things
2. Be kind to ourselves and others
3. Practice relaxation techniques
4. Walk in the fresh air
5. See the positives in all situations



MINDFULNESS

Breathe

Most of us probably take breathing for granted as it's something that we do without even thinking about it. Yet, when we start to pay attention to our breathing, great things can happen. Deep breathing exercises can reduce stress, improve clarity and creativity and calm us down, because they fundamentally send a message to our brains to tell us to relax. In fact, consciously focusing on breathing is one of the simplest ways to calm our moods and emotions.



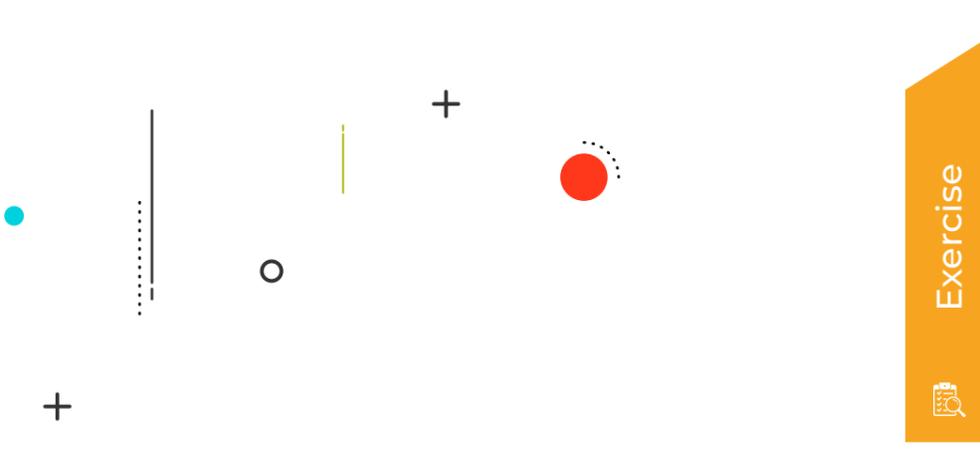


MINDFULNESS

This exercise takes a couple of minutes, or up to ten minutes if you choose to repeat it. Do this in times when you may feel anxious or tense.



MINDFULNESS



Exercise

1. First, if you could **sit comfortably with your hands on your lap** and your feet on the floor.

2. Now, **close your eyes** and take a deep breath **in through your nose**, and a long breath **out of your mouth**.

Now **let go of any thoughts** you may have, just focus on your breathing.

Take a deep breath **in through your nose**, and a long breath **out of your mouth**. Keep doing this...

5. What are you **sensing** at this moment?

6. Draw your **attention** to that area.

7. What are you **noticing about yourself**? Do you have any **sensations**? Any **tingling**?

Stay with the **sensations you may be feeling** in your body...

9. **Notice these feelings** and stay with them.

10. Bring your **awareness back to your breath**. Notice how your chest **rises and falls** as you breathe.

Be **aware of your breathing** in this moment.

Now be **aware of your thoughts**.

13. What **matters most to you** today?

14. What do you **need to let go** of today?

15. How are you **going to be** today?

16. Think about your **intentions for the day ahead**.

17. **Gently open your eyes** to the **mindful moment** you have just experienced.



MINDFULNESS

Challenge yourself to spend a couple of minutes per day to practice deep breathing. Even if this is just sat quietly on your bed, or on the sofa, you will feel calmer as a result.



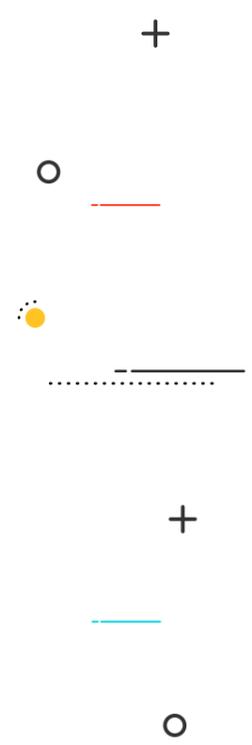
Challenge



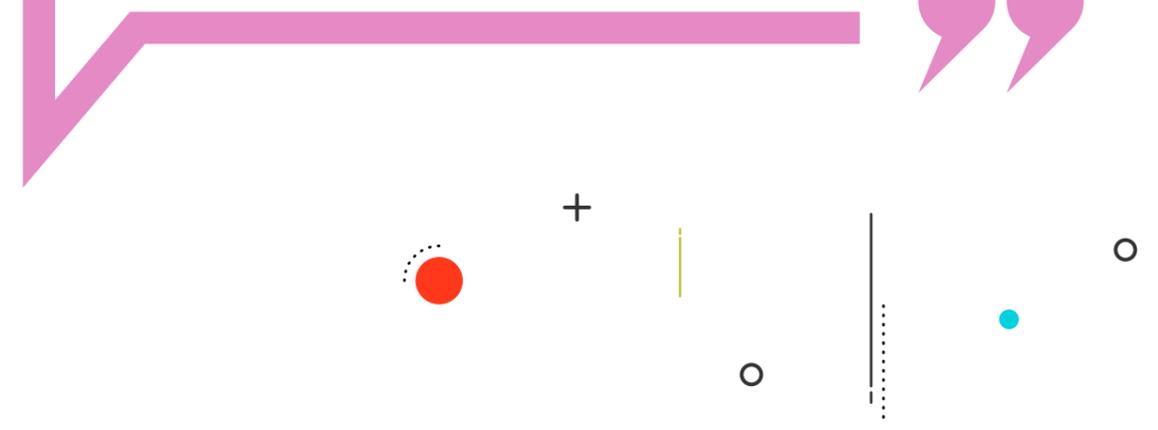
MINDFULNESS

Hand-drawn notebook page with horizontal lines for writing.

Write down how it made you feel to take a moment to stop and breathe



"In a world when we are busy doing, doing, doing, it's important to take a moment to just breathe and to just be"



TO THRIVE IN ISOLATION

Challenge



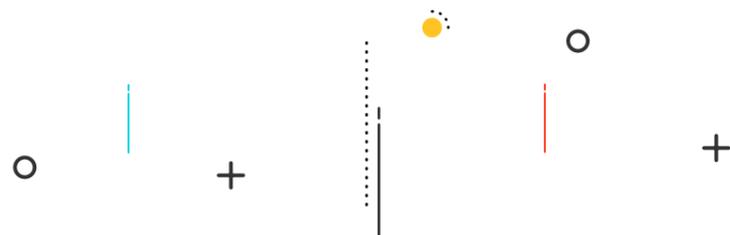
During isolation, this is a good time to **set ourselves a challenge** to develop **new positive habits**.

Habits are formed when an **action is carried out routinely day in and day out**.

This challenge is to set yourself a **daily and weekly planner while in isolation**. In the routine, challenge yourself to include something **positive to do that will benefit your wellbeing** for the long term.

Think about the things that you would love to do that could be done while in isolation. These could include many things, such as **gardening, cooking, running, cycling, singing, dancing, eating healthy, writing a journal, yoga, drinking more water etc...**

Do more of **what you love to do...**



Write down the things you want to achieve today

Write down the things you want to achieve this week

DID YOU ENJOY THIS?

We'd love to hear your feedback and know if this has helped you



Tell us your feedback here

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MINDSET MODULE LIBRARY:



EMOTIONAL INTELLIGENCE



RESILIENCE



VALUES



WELLBEING



STRESS TEST



PERFECTIONISM



PEOPLE PLEASING



PROCRASTINATION



GROWTH MINDSET



CONFIDENCE



MINDFULNESS



IMPOSTER SYNDROME



CHANGE READINESS



FOCUS



FEAR (OF SUCCESS)



CREATIVITY



HAPPINESS



OSTRICH SYNDROME



FEAR (OF FAILURE)



SELF-SABOTAGE



SELF DISCIPLINE



RESPONSIBILITY



POSITIVE ATTITUDE



MOTIVATION

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