

Keeping a Healthy Mind Frame During Social Distancing

Research has proven time and again that there is a definite link between positivity and health. People who think more positively, who see the glass as “half full”, are shown to be happier and healthier. This positive mind frame can also help when faced with adversity. How we choose to look at something, think about it, and act on it can affect our happiness.

Below are tips on how you can improve and maintain a healthy mind frame.

Look for the good.

Unexpected and uncontrollable things happen which can cause us to feel anxious, angry, frustrated and many other emotions. Instead of simmering in all the “cant’s” or being stuck in the fact that things are different from what you want them to be, try to look for the good. For example, being stuck at home for a few weeks at home might feel restrictive, but choosing to be grateful to have this extra down time from your usually busy schedule, spending time with family, getting laundry done, getting extra sleep, homemade food, etc. can all be an upside to this new schedule.

Practice Resiliency.

Learning to adapt to fluid situations is an important concept to learn but can be difficult. Being resilient means that we know we can’t control everything but we can control how we respond to events and what we decide to do about it to move forward. These new social distancing recommendations that the country and world are facing right now means that we can be resilient by trying to make the best of the situation each day.

Meditate.

Meditation has many benefits, from reducing stress and anxiety, to improved health and happiness. Meditation can be something we practice on our own in a quiet room, online watching a YouTube video or with an app such as “Headspace” on our phones. Learning to quiet our minds is a healthy tool and can help during times of stress and uncertainty.

Take pause.

At the risk of sounding cliché, we can all benefit from “stopping to smell the roses” from time to time. We are all so busy, that when things slow down, even unexpectedly, we can benefit from taking a moment to enjoy the little things. Going for a walk without your headphones and listening to the birds chirp or calling a friend or loved one to share a funny story. A mindset of gratitude and faith and trying to maintain a calm perspective can be very reassuring during difficult times.

Looking for more? Try some online resources as well!

1. Resilience, Gratitude and Mindfulness Recordings <https://soundcloud.com/mindfulnessvm>
2. The Happier Podcast <https://gretchenrubin.com/podcasts/>
3. Support and Resources <http://www.halfofus.com/>

For more information about this topic please contact the Health and Wellness Center at wellness@stonehill.edu.

1. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-power-of-positive-thinking>
2. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>