

ANNIE'S

Mental  
Health

WORKSHOP

FOR TIGI PROFESSIONAL

# How to Help Your Head

## **1. CREATE A ROUTINE**

**THIS IS SO SUPER IMPORTANT.** Not only for now, but in general. So, get up at the same time you would normally do, change out of your pyjamas, shower and make a to-do list of all the things you want to achieve each day to create a sense of normality and productivity. **Also, make a separate space where you work.**

## **2. Take A Break**

It's really important to move to a different space in your house or flat when taking a break. Even if you move from your desk to the couch for your lunch, **change your environment.**

## **3. LOOK AFTER YOU**

Guys take care of your bodies! It's so easy to eat crisps and cereal 24/7, go to bed at 2am and only exercising when you're walking to the fridge, **BUT** as we are so limited to our activities, cramming your body with lots of veggies, moving and taking time to just **BE** will help you feel good. **Here are some examples:**

**BATCH COOK:** Batch cooking meals will help you make sure you're getting all the good food you need in your body **PLUS** it's there in your fridge whenever to feel peckish! So you won't spend **HOURS** staring into your fridge wondering what to cook!

**MOVE MOVE MOVE!** Get your body moving whether it be stretching, deep breathing, running, at home workout or yoga, exercise is such an amazing tool to help keep our minds together, our heads de-stressed and our bodies strong. **Here are my favourites that help me stay active WITHOUT leaving the house:**

**Sweat App:** Loads of HIIT workouts, stretching and yoga.

**Yoga With Adrienne YouTube:** So many free yoga workouts for all levels **ALL** in the comfort of your own home.

#### **4. ACCEPT YOU CANNOT CONTROL EVERYTHING:**

Focus on what you can control and try and let go of what you can't. For example:

**Things you CAN'T control:**

How long this will last  
Predicting what will happen  
Other people's motives  
How others React  
The actions of others  
The amount of toilet paper available  
If other people are following the rules

**Things you CAN control:**

Your positive attitude  
Turning off the news  
Finding fun new things to do  
Your kindness and grace  
Limiting your social media  
How you react

#### **5. STAY CONNECTED**

We are so lucky to have a plethora of technology and social media outlets that allow us to stay connected with friends, family and colleagues.

**AND THIS IS SO IMPORTANT.**

Make sure you make video calls so you can see everyone's lovely face too! We can also get really creative and invent NEW ways to hangout with friends.

**For example:**

Get together some friends on Google Meet and take part in some classic games: Virtual Pub Quiz, Virtual Bingo, Netflix with friends. EVEN cook your dinner at the same time and eat with friends online!

**Here are some great apps and platforms to help stay connected with friends and family:**

Google Meet  
House Party  
Skype  
Zoom

**6. Change Can Be Scary, But That's Ok!**

Many people are used to their daily routines, what they eat, their exercise routines, so the thought of that ending abruptly can cause high anxiety for many, and feeling that is OK. BUT, remember you can create NEW routines, create a new normal but also remember that **THIS IS TEMPORARY AND IT WILL END!**

## **7. REPETITIVE MANTRAS**

When I am feeling stressed, anxious or have intrusive thoughts, I find repeating mantras really help me to settle and gather myself. **SO..... REPEAT AFTER ME:**

THIS IS **Temporary** AND IT **Will Pass**

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THIS IS **Temporary** AND IT **Will Pass**

## **8. LIMIT MEDIA INTAKE**

**DON'T READ THE DAILY MAIL.** It's a sexist pile of shit anyway so stay away from it! But seriously, the media writes headlines to grab and to scare, so it's not surprising your anxiety sky-rockets! Limiting your intake to only what you need to know (stay updated with BoJo's daily updates on BBC1) will really help you not to feel so overwhelmed but still informed.

## **9. FOCUS ON THE POSITIVES**

Let's look at all the amazing things that our communities do to help people and all the other little positive things happening in the world.

**Things that ALWAYS lifts my mood:**

- Look at compilation videos of dogs and baby goats in pyjamas. **SERIOUSLY BABY GOATS IN PYJAMAS ARE SO FUNNY AND CUTE!**
- LOTS OF MEMES, THEY ARE MY LIFE!
- I (try!) and use comedy to help belittle the overwhelming thoughts in my head and to make my mental illness as small as possible.

**Great positive and funny insta accounts to follow:**

**@chessiekingg:** A wonderful, body positive soul spreading joy all around her!

**@thehappynewspaper:** A Newspaper ONLY reporting all the amazing things happening in the world.

**@Jameelajamilofficial:** Her words are just fire and she stands up for those who need it.

**@lizzobeating:** LIZZO BE FIRE Y'ALL

**@tomindeed:** One of my favourite comedians!

**@alexamayhughes:** This amazing talent makes beautiful signs and they just make me super happy!

**@lewiscapaldi:** This guy is hilarious!

**@i\_weigh:** Ran by Jameela Jamil. Need I say more!

**#mentalhealthawareness**

**#mentalhealth**

**10. REMEMBER:**  
Thoughts are only thoughts. They WILL pass & they cannot hurt you! They are only as powerful as the attention you give them.

## **11. KEEP A DIARY**

One of the best things that has helped me so much is to keep a diary of my mental health when I am struggling. It is so important to get your thoughts out of your head and on to paper. It helps to look at that thought in a different perspective and help you process it within proportion. It also helps you to keep track of the pattern of your thoughts and feelings so you can identify triggers that will help you in the future.

**Don't Follow**

*Insta accounts that make you feel bad about yourself*

# 12. Learn

## Something New

**Take this time to learn a new skill, take up a new hobby and expand your mind.**

**Here are some ideas of things to learn:**

**Learn a new language:** Apps like Babble are great to help you learn new language skills

**Crafting:** This is endless! Try your hand at knitting, calligraphy, sewing or many more different crafts all from your settee!

Instagram account and amazing crafter **@TheCuratorEducator** has started a subscriptions where you can receive online crafting tutorials along with the option to have all the bits you need for the tutorials, sent directly to your door!

Another amazing online course creator **www.brit.co** do such a great variety of online creative courses to help you learn new skills. **PLUS** at the moment all courses are **FREE** with code **SELFCARE** until the 31st March 2020! Just what we need!

**Cooking:** Teach yourself how to cook some amazing recipes from the plethora available online

**Music:** Learn to play a new instrument

**Make up tutorials:** start applying make up like a pro!

## 13. BEAT THE BOREDOM

**Take this opportunity to get stuff done but also to help beat the boredom. For Example:**

- Make a photo album with your phone photos
- Clear out your wardrobes
- Start a blog
- Make a travel bucket list
- Get DIY done
- Take a virtual tour of a famous art museum
- Sell your old clothes on eBay

## 14. TALK IT OUT

Make sure you are voicing your worries and concerns to your friends and family.

**It's so important** to be open and vocal about how things are effecting you mentally to help you get the support. The more you speak out, the more you encourage others to do so.

## 15. Be kind to yourself

**Your internal self talk is so important.**

How you talk to yourself really sets the precedent to how you live your life.

If you tell yourself you are no good, you will live your life thinking you are no good, which will impact every relationship you have and what you feel you can acheive or deserve.

**I want you to celebrate who you are!**

Give yourself some well needed love, and more importantly, TIME! Try not to be so hard on yourself and give yourself a break.

**AND CELEBRATE EVERY VICTORY!**

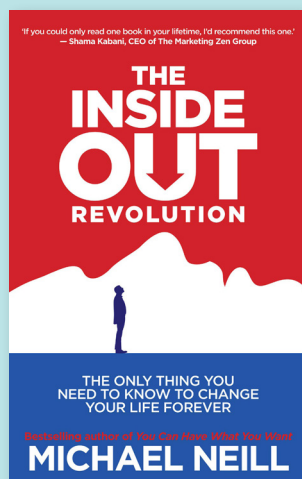
Celebrate victories you make big and small. Just got a new job? Celebrate it! Managed to have a shower on a difficult day? Celebrate it! Ate a vegetable today?

**CELEBRATE IT!** Celebrate yourself and your acheivements and give yourself some well needed love!

**BUT** most  
of all

## TAKE IT ONE DAY AT A TIME:

Try not to look too far into the future, focus on getting through the day. Remember that these are temporary measures and **YOU ARE NOT ALONE. TOGETHER WE ARE STRONGER.**



### **BOOK RECOMMENDATION**

THIS BOOK HAS HELPED ME SO MUCH TO UNDERSTAND MY THOUGHT PROCESSES, PATTERNS AND MY FEELINGS AND HOW TO MANAGE THEM. SO IF YOU LOVE BOOKS I WOULD DEFINITELY RECOMMEND THIS ONE!



“STAYING *positive*  
DOESN'T MEAN YOU HAVE  
TO BE *happy* ALL THE  
TIME. IT MEANS THAT  
EVEN ON *hard days*  
YOU KNOW THERE ARE  
*better ones* COMING”

# Isolation Wellbeing Daily to do list:

## ESSENTIAL TASK:

- Get dressed       Eat some fruit and veg       Shower

## BE PRESENT

- Listen to a song       Meditate       Deep Breaths

## CONNECT

- Call a friend       Video Call Family       Text Someone a funny/happy image or meme

## MOVE

- Stretch       Workout       Go for a walk

## EXTRA

- Make a goal for tomorrow BIG OR SMALL  
 Do one thing you'll be glad you did later

*Celebrate  
Every Victory*

# Further Info, Audios and Videos

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## **The Three Principles.**

The Three Principles of Mind, Consciousness and Thought were first articulated by Sydney Banks and is taught by George Pransky.

**The Universal Mind** (or just Mind) is described as a life force which Banks believed is the pure essence of everything in the universe including people. He also described it as the creative intelligence which determines how people function on a psychological level. He regarded the Mind as an inbuilt source of positive health/resilience which enables people to cope with life's challenges.

In the 3 principles model, the Universal Mind powers the other two principles.

The term **Thought** quite simply describes people's ability to think - rather than the content of any individual thoughts.

**Consciousness** is the way people use their five physical senses to convert their thoughts into a psychological experience.

Banks saw these **three principles** as interconnected; his view is that people's psychological lives are formed from the inside out: our thoughts are made to feel real by our consciousness both of which are powered up by the Universal Mind.

## **Sydney Banks - The Great Illusion**

<http://www.3pgc.org/photos-videos/details/?m=1041>

## **Sydney Banks - The Experience**

<http://www.3pgc.org/photos-videos/details/?m=1045>

**Also listen to the audios included with this PDF, taught by George Pransky, about managing a busy mind and dealing with low moods.**

**The Three Principles truly changed the way I manage my mental illness and enables me to live the fullest life I can. In the 12 years old therapy I undertook, this has been the most powerful and life changing.**