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Dr.AYSE BASAK CINAR
Leadership Development & Health
Coach
University of Dundee & To Be The
One Coaching
a.cinar@dundee.ac.uk

<https://www.linkedin.com/in/a-basak-cinar-european-award-winning-coach/>



At this short booklet, you will find some references and high performance habits to reenergize yourself and to build a positive mindset

However

- **Please remember** that re-energizing yourself and positive mindset are the outcomes of sustainable habits that develop over time through specific training , discipline, and will power.
- It is very much alike building muscles or working for the ideal body shape at a gym, or getting ready for a competition.
- You need a tailored plan, underpinned by your specific goals and motives, and
- A skilled and experienced trainer who will help you to make your strategic plan and empower and support you all the way to your final `destination`

CURRENT PRACTICES RECOMMENDED



NIH National Institute of Mental Health

Coping with COVID-19

- Take breaks from the news
- Take care of your body
- Make time to unwind
- Connect with others
- Set goals and priorities
- Focus on the facts

<https://www.nih.gov/news-events/covid-19-social-media-resources>



Public Health
England

GUIDANCE FOR THE PUBLIC ON THE MENTAL HEALTH AND WELLBEING ASPECTS OF CORONAVIRUS (COVID-19) - 4 **NOVEMBER 2020**

- Think about your new daily routine.
- Consider how to connect with others.
- Help and support others.
- Talk about your worries.
- Look after your physical wellbeing.
- Seek advice and support if you smoke or use drugs or alcohol.
- Look after your sleep.
- Try to manage difficult feelings.
- Get the facts.
- Do things you enjoy.
- Keep your mind active.
- Take time to relax and focus on the present.
- If you can, get outside. If you can't, bring nature in.

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Self care is not selfish and it's not a luxury. It's what enables us to keep going despite the stresses of work and home life, and it's never been more important.

In the current crisis you may need to adapt some of the things you usually do. Have a look at the ideas below.

[How to approach Self Care](#)

[Understanding Resilience](#)

[Keep a routine](#)

[Exercise](#)

[Relaxation](#)

[Sleep better](#)

[Connect with others](#)

[Managing stress and anxiety](#)

[Developing self-compassion](#)

[Coaching for wellbeing](#)

[Supporting your wellbeing: free apps and online programmes](#)

[Some things to lift your spirits](#)



Martin on Mindfulness

How to train your mind to be mindful

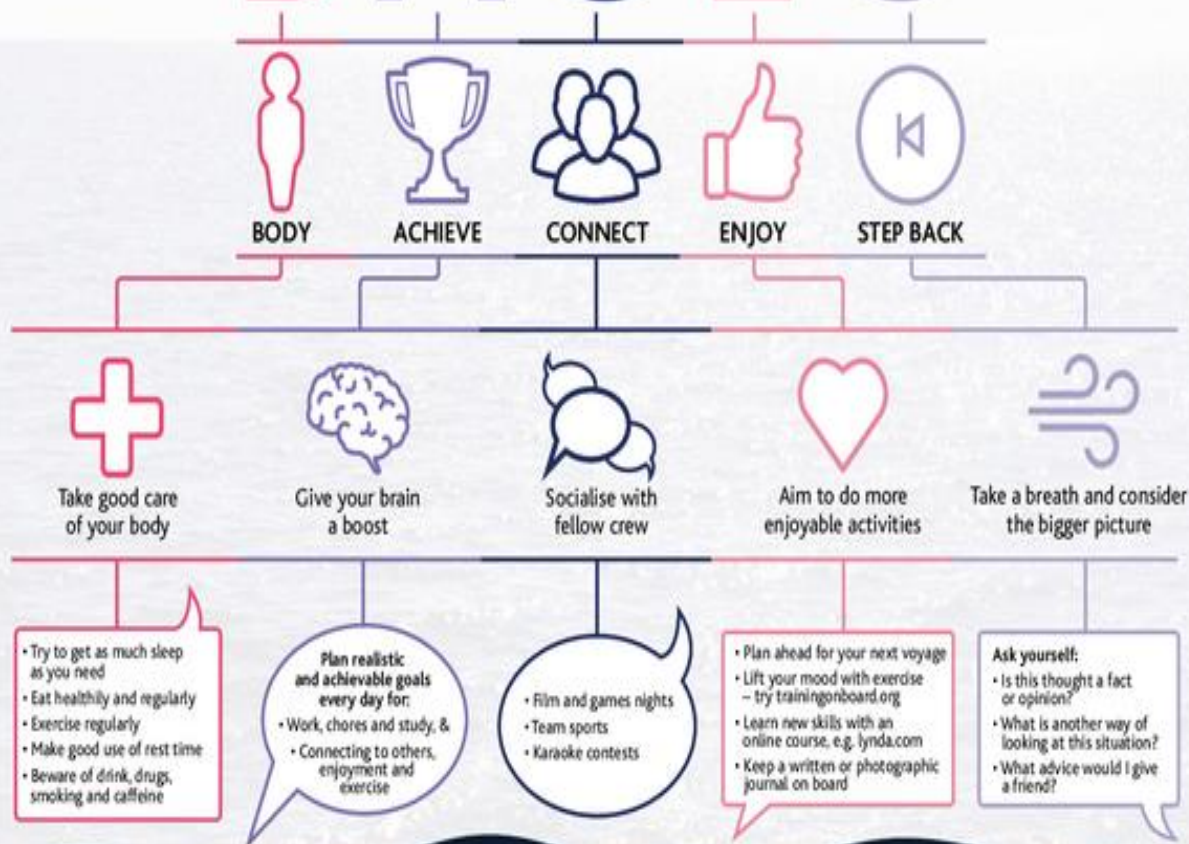


Martin on Mindfulness

How to shift from a negative to a positive state of mind

Steps to Positive Mental Health

BACES



Taken from Steps to Positive Mental Health: Good Mental Health Guide for Seafarers, part of ISWAN's Seafarers' Health Information Programme (SHIP)



Self Care During COVID-19

This is unprecedented, it's okay to not be okay.

Managing Stress and Anxiety

- Feeling stress during these times is normal. It is not a reflection that you cannot do your job.
- Use your usual coping strategies. You may not have the emotional energy to try new ones.
- Avoid harmful coping strategies such as tobacco, alcohol and other drugs.
- This is likely to be an ongoing stressor. It will get easier if we do the right things.



Trying to manage how you follow the outbreak in the media

- Avoid rumour or speculation
- If the news starts to cause you stress or anxiety, take a break from it
- Use reliable sources of information:
 - GMMH daily briefings
 - Public Health England
 - NHS
 - GOV.UK
 - World Health Organization



Managing your mental wellbeing is as important as your physical health

- Stick to a daily routine
- Don't miss basic needs
- Have rest and respite during work and between shifts
- Eat a balanced diet
- Keep active
- It's good to talk, now more than ever.
- Seeking emotional support is a good way to minimise the impact of stress



If you are working from home or self-isolating

- Please use the points in this poster to adapt to your environment and stay healthy
- Create a daily routine to keep active and stay productive
- Keep in touch with other people regularly on social media, email, phone or video call
- Keep kind to yourself and rest if you need to



You can contact PAM Assist, the Trust's Employee Assistance Programme on 0800 882 4102 available 24/7, or visit www.pamassist.co.uk and use the Username: **GMMH** and Password: **GMMH1**

Be kind to each other. We are all in this together.



HIGH PERFORMANCE HABITS & POSITIVE MINDSET

Morning Routine

- Wake Up Early
- Meditate (20 mins)

Positive Affirmations-Smile

- Grow (20 mins)

Highlight/write what you take away

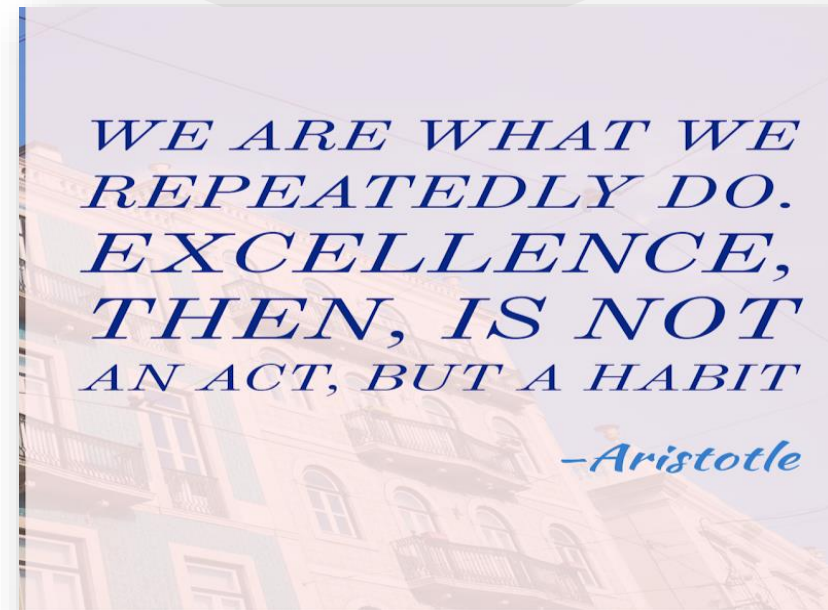
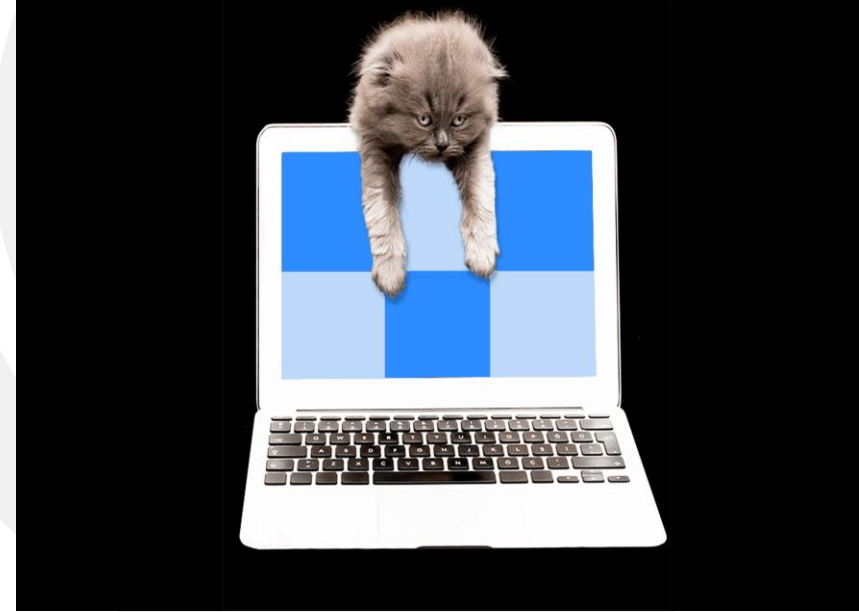
- Exercise (20 mins)
- Cold Shower
- Breathe
- Drink Water With Lemon. ...
- Eat a Healthy Breakfast
- Write down your daily goals and schedule



**Pareto
Principle
20% of your
activities
will account
for 80% of
your results.**

DURING THE DAY

- **Build in breaks.**
- Getting up and out of your seat **every 30 minutes**
- Respond to voice mails and e-mails at designated times during the day.
- Breathing & 5 minute meditation (**Take Breaks To Re-energize**)
- Recognition of moving to stress zone
- Short walks
- Focus on outcome
- **No `but` Yes `AND`**
- Identify your “sweet spot” activities
- **Take A Nap**
- Reduce contact hours with technology
- TV off 1 hour before bed time



EVENING

- Prepare goals for the next day
- Write down your achievements
- Visualize how you can do better next time
- Congratulate yourself
- Affirmations
- Meditate
- Proper sleeping environment



SOME PRACTICAL TIPS

EVERY NIGHT, IDENTIFY THE MOST IMPORTANT CHALLENGE FOR THE NEXT DAY. THEN MAKE IT YOUR FIRST

BUILD “RENEWAL ROOMS” WHERE PEOPLE CAN GO TO RELAX & REFUEL

RECOGNITION OF MOVING TO STRESS ZONE

DEFUSE NEGATIVE EMOTIONS—IRRITABILITY, IMPATIENCE, ANXIETY, INSECURITY—THROUGH DEEP ABDOMINAL BREATHING.

MAKE YOUR OWN LIST OF YOUR ENERGIZERS AND SABOTEURS



**Resilient Leadership at the post-Covid era:
A pathway for recovery and thrive**



<https://aybasakcinar.wixsite.com/mysite-3>

WHITE PAPER BY DR. AYSE BASAK CINAR
-TO BE THE ONE COACHING-

*Empowering leaders through proven
systematic 5-staged solution framework*

OCTOBER/2020



THANK YOU

✉ A.CINAR@DUNDEE.AC.UK

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EUROPEAN-AWARD-WINNING-COACH/](https://www.linkedin.com/in/a-basak-cinar-european-award-winning-coach/)

🔊 <https://anchor.fm/ayse-cinar>