



Meeting with yourself

Due to reactions of my clients - many of them working in their home office or forced to go on a "holiday at home" - the topic of GesundheitLernen in April is the unusual and sudden encounter with one's self, which has been missed out completely or has been neglected by many of us due to the otherwise prevailing bustle.

Dealing with changes that are beyond one's own control is a great mental and spiritual challenge. Feelings come to light which one thought one did not know or had no control over in such a way that they do not interfere with everyday life and interaction with fellow human beings. These feelings are mainly fear, powerlessness, panic and loss of control.

In contrast to our ancestors in the Stone Age, who saw themselves threatened by wild animals, bad weather or lack of food - threats that could usually be successfully countered through physical exertion - the current situation itself cannot be resolved through physical strength and endurance alone.

Get rid of stress hormones

Our body nevertheless provides a solution. Reduce the stress hormones that are created daily by bad news from the media by doing physical exercise. No competitive sports, brisk walking in the fresh air helps to relax physically and also to change the mental "attitude". As soon as you feel like a perpetrator rather than a victim, you signal to yourself that you can determine and do what will help you personally during this time despite the external circumstances. It has been proven that just the feeling of being able to handle a situation strengthens your immune system. The reporting in the mainstream media is not suitable for developing a "perpetrator mentality", so limit it to the bare essentials. Cultivate your self-efficacy!

Spend time in nature, in the sun and ground yourself by walking barefoot as soon as the temperature outside allows it. If you have not yet learned a relaxation method, it helps to concentrate for five minutes on observing your own breathing or a process in your environment. Observe passing clouds in the now mostly airplane-less sky, or watch your cat cleaning.

Structure your daily routine

Get up regularly at the same time and allow yourself activities that you would otherwise like to do but have not gotten around to. What is good for you? If you work at home, use an effective method of time management, e.g. "Kiss the frog". This means starting with the seemingly most unpleasant task first, because everything else will seem much easier afterwards. It is also a good time to question existing private employment patterns. Is it really so important for me to do this or that regularly on a certain day? Maybe it makes sense for you to create completely new rituals now.

Make decisions

As many companies have limited operations at the moment, you may have been given the freedom to make decisions in different areas. The 10-10-10 method is useful for this. If you have to make a decision, ask yourself: If I do this or that now or refrain from doing it, what does it mean for me - 10 minutes later, 10 months later or 10 years later? Right now, decisions come into consciousness that have been postponed again and again due to the usual restlessness and hectic pace of life or due to days overcrowded with work and leisure activities. These decisions can even become acutely urgent if, for example, you feel that you should have changed your relationship with a (spouse or business) partner a long time ago, or if a smouldering conflict becomes unbearably acute due to the extended proximity of family members. Look at the feelings you have successfully swept under the carpet so far. Use the time to get closer to yourself and your true needs.

What are you afraid of?

Take some time to think about what exactly you are afraid of and what feelings come up. Because this might help you to find out about the conditioning that was set in your childhood. If you have been shown that feelings are unimportant and only hard work and material values make a successful and lovable person, now is the time to ask: What remains when the material things disappear? There is no material security that can conjure away your own inner insecurity. Observe yourself and also see how you react to feelings that you can observe in others. They show you, like in a mirror, what you are repressing in yourself. Since you cannot control the outside at the moment, gain inner clarity about yourself.

Communicate and exchange information

Sometimes it helps to moan together about things that are the way they are at the moment but which we cannot change. But the greater gift that you will appreciate now is to have someone with whom you can share your personal thoughts or oppressive feelings, openly and with a feeling of security. With such people you can also find the courage to face your own demons, which may now come to light, without being judged. Use zoom or skype instead of the telephone to communicate with your precious people in the distance, because eye contact, your body language and your smile cannot replace your physical closeness, but are nevertheless a soothing gift.

Sleep well

Avoid the use of any wireless means of communication as often as possible, i.e. mobile phone or Wifi for computers or laptops. There is growing evidence that these artificial electromagnetic fields are sensitively interfering with our immune system. At night, remove as many electrical sources in your bedroom as possible, keep as much darkness as possible and switch off the Wifi router. Because we need restful sleep, especially at the moment, to be able to master the physical, mental and emotional challenges of this time.

And don't let your dreams be ruined, the world outside at the moment is only producing a delay for the realization. Stay positive and healthy!