



Stay Refreshed Survival Kit

#Coronavirus



By
Duntan West
Refreshed Healthy Living
April 2020



“Disciplining yourself to do what you know is right and important, although difficult. Is the highroad to pride, self-esteem, and personal satisfaction.”

- Margaret Thatcher



My Story

Twenty years ago, I listened in disbelief to the doctor's diagnosis that I had Pneumonia and a couple of months later when I thought I was all clear I had Spinal Tuberculosis and Bronchitis. This was in addition to the fact that I was then living with Sickle Cell Anemia.

It's why the saying "**HEALTH IS WEALTH**" is one that I truly, deeply understand.

Fortunately for me, I had forward thinking medical support which emphasized *diet change and lifestyle adjustments* as *key components of my recovery*.

This little book has tips of what I did to turn my sail around:

Duntan West is a
certified Integrative
Nutrition Coach





Wellbeing Stay Home Kit



1. Road Map

With this forced holiday or stay at home order, one must decide to make best use of the time.

What to do

- Projects to do or complete
- Books to be read
- Catch up on deserved rest
- Learn new skills
- Start a new exercise routine

How to do it

- Create a roadmap
- Articulate strategic thinking
- Pen down achievement goals
- Show path to achievement
- Put in order of importance.



2. Vision Board

A vision board is a tool that articulates the future.

- It is the vehicle that takes you to the destination
- Prepare a list of goals (Max 7)
- You can use images
- Use separate template for each goal
- Write detailed steps to achieve each goal

Train the mind,
body and spirit to
manifest desires.



3. Routines

Discipline: Put a daily routine in place, if you already have one stick to it. It must be intentional.

1. Wake up and sleep at regular times.
2. Prepare as one would for ones typical day only this time one is staying at home.
3. Draw up a plan for each day – what do you want to achieve.
4. Inject some fun into the day.



4. Connectivity

Connect to your God

- Boosts your immune system
- Brings hope
- Serves as an anchor
- Gain a sense of control
- Lowers blood pressure
- Sustains concentration, memory and cognition.

Your relaxed mode
makes you more
productive and present
in your day.



5. Family and Friends

Connect with family & friends: Use video chats and other connectivity tools

- Relive old memories
- Nostalgia – good feelings
- Rekindles love
- Strengthens bonds
- Create new memories



6. Hobbies

Hobbies play an important role of giving us an outlet for creativity, distraction, and something to look forward to. Which invariably reduces our stress level. So engage in the things you enjoy:

- Reading
- Writing
- Sewing
- Gardening
- Cooking
- Dancing
- Singing
- Listening to music

Engaging in a hobby enriches your day and it is a great way of escaping from the current situation.



7. Wellbeing

Treating your body right can have drastic benefits for your mind. Staying healthy is key. Basic things you can do are:

1. Eat vegetables, fruits and whole grains in meals.
2. Hydrate – Drink water throughout the day.
3. Exercise regularly - 30 minutes daily is important.
4. Relax - Meditation, muscle relaxation, relaxed breathing and mindfulness (being in the present) can help you relax.



8. Sleep

Force yourself to sleep. Catch up on lost sleep

- Establish a sleep schedule
 - Set biological clock
 - Sleep and wake up at the same time
- Practice a relaxing bedtime ritual.
- Avoid or limit naps especially in the afternoon
- Evaluate your room to ensure it is the environment to establish the conditions you need for sleep.
- Minimise caffeine, smoking and alcohol
- Do not eat heavy before sleeping
- Do calming activity such as reading.

Not getting enough sleep can lower your sex drive, weaken your immune system, cause thinking issues, and lead to weight gain.



9. Gratitude

Be grateful – List what you are grateful for even if you are going through a difficult situation

- Nature
- Comfort and pleasures
- Challenges that made you stronger
- Air that you breathe
- Current position in life

**Gratitude is so powerful
that it has a profound
impact on our mental state
and whole wellbeing**



Contact

Mrs Duntan West – Director, Refreshed Healthy Living

Email: refresh@be-refreshed.com

Web: www.be-refreshed.com

Tel: +234 809 926 1555

