

THE BOOK OF WELLNESS

To help you be the best version of you



BY

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"What you get from achieving your goals is not as important as what you become by achieving your goals" - Zig Ziglar





AUTHOR'S NOTE



"The pandemic has impacted all our lives in different ways. A few months ago, I decided that I would use this time to do everything that I wanted to try but didn't get the time for. Therefore, I started with the thing I wanted to do the most- get to know who I really was. Every morning I woke up and journaled, through which I discovered myself. I wrote about my passions, perceptions, and relationships. I wondered if I was truly doing things that filled my heart with joy. Once I discovered what I wanted, really wanted, from my life, I began to change it. I worked on each aspect of my life until I couldn't wait to get out of bed each morning and live each day to the fullest.

I realised that so many people go through life as strangers to themselves. They do things simply because they are told to, without ever knowing why and what it means to them – I was one of them. It is never too late or early to change your life, and I want each of you to try. This book contains tips on overcoming the different emotional and physical challenges the pandemic brings, and chapters to help you use this time to re-examine your life. My co-author Umaa and I have highlighted effective strategies to guide you through your process and reflection every step of the way. Still, true change comes from within and working on oneself. I wish you all the best. Happy reading!"

-Aaryani Sahay







"The present global turmoil - the lockdown and the normal we knew fading awayallowed me to put my life into perspective. I was able to accept the new normal, strengthen my emotional wellbeing, reflect from the inside out, refresh the lessons of resilience from my past, reframe my anxious thoughts & feelings and renew the spirit of courage and hope. In this new normal, like many others, I, too, found comfort in virtual platforms that became our new saviours and bridges to connect with our loved ones. Amid this uncertain chaos, we learned to smile & laugh once more! My co-author Aaryani s idea of a wellness booklet proved to be an 'exciting motivator' for us at just the right time! 'The Book of Wellness' is the outcome of our intention to help the reader develop personal excellence, explore possibilities, and reframe their worldview. Hope you enjoy diving inside of your heart and mind and vibrate a notch higher!"



-Umaa Arun



REFLECTION EXERCISES

The book contains reflection exercises for you and the end of each chapter. Please take a few sheets of paper/ print the pages out and answer the questions by reflecting on your life. There are no right or wrong answers. This will help you understand where you are right now, your experiences, how you are influenced by external factors, and how you could improve each aspect of your life.

What is self-reflection?

Self-reflection (also called introspection) is the key to self-awareness. It is like looking into a mirror and assessing oneself. It enables us to look neutrally at our thoughts, emotions, feelings, and actions. We learn to process our life experiences and bring perspective into our lives. We can dig deep, consider our setbacks in a broader context, and focus on what is really important in our lives. Self-reflection helps us notice our habitual behaviour and better understand our strengths, weaknesses, and driving factors. We move away from being on auto-pilot and move towards an enriched emotional intelligence, improved critical thinking skills, and stronger relationships.



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TAKING CARE OF MENTAL HEALTH DURING THE PANDEMIC

The pandemic does posesignificant problems for our mental health. Social distancing and physical isolation can lead to sadness, loneliness and frustration. Moreover, the onslaught of news from the media regarding the pandemic is likely to evoke stress and anxiety for the future. These emotions are normal, but we need to take time out of our day to care for our mental health.

1. Try and limit the time you spend reading news and updates about the pandemic



When you do check for updates, find credible sources like the World Health Organization who you can trust. Avoid believing unreliable sources and WhatsApp forwards that may be spreading misinformation.

2. Spend time with friends and family



Try and have regular calls and video sessions with your loved ones. You will feel uplifted and supported, even if you cannot be with each other in person. They may also be anxious, but simply sharing your worries and laughing with one another is likely to significantly reduce your stress levels.



Make it a point to set aside at least 15 minutes a day to get some physical activity. It doesn't have to be a heavy workout; it could simply be light yoga or stretching. There are also fitness instructors on YouTube who are releasing content for helping people exercise in isolation. When you exercise, your body releases chemicals called endorphins: these trigger positive feeling within your body. It's easy to have an unhealthy routine during social distancing, however, this is not only bad for you physically but also mentally.

4. Meditate



When you wake up in the morning, instead of immediately checking your phone, try just 10 minutes of meditation. This will considerably help with anxiety and stress as well as increase your self- awareness. Meditation may be daunting for beginners but there are many apps such as 'Calm' and videos that you can use to guide you.



5. Practice Gratitude



This is something that is recommended by numerous monks to evoke positivity and manage negative emotions. Incorporating gratitude into your life is quite easy. Before you go to bed and after you wake up in the morning, try and think about three things that you are grateful for. It could as simple as a song or someone helping you out that day. You can even take it a step further and maintain a gratitude journal.

6.Learn new skills and unleash your creativity



The spare time that a lot of us currently have is a great opportunity to learn and try things that we didn't previously get the time for. You can learn to dance, sing, paint, play an instrument, learn a new language or even take online courses. This will not only keep you in a healthy and positive state of mind but you will also gain new skills and knowledge.





7.Seek help from a therapist or a hotline



While it may seem like seeking professional help is not required, counsellors can greatly help you manage your stress and anxiety as well as put your feelings into perspective. This will also help if you are having problems with a family member at home.

8. Avoid using tobacco, alcohol and drugs to cope



You may find yourself with the urge to use these substances to relieve yourself of stress and anxiety. However, even though it gives temporary relief, it is likely to cause long term feelings of depression and loneliness.

9.Get in tune with the arts



You can read books, watch movies and tv shows, and listen to music to cope with overwhelming feelings. This will give your mind a much -needed escape from reality and help you immerse yourself in fantasy. It has been generally accepted that both listening to and creating music can have various positive effects on mood and mental health.







REFLECTION EXERCISES

1) What emotions have the pandemic and your current situation evoked within you?

2)What coping mechanisms have you been developing to deal with these emotions?

3)Do you feel that they are healthy? If not, what do you think you can do differently to manage your emotions in a healthy manner?

4) How committed are you towards your physical fitness?



5) What goals and action plans can you create to incorporate self-discipline into your fitness & nutrition?

6)Evaluate your screen time (TV, Facebook, Insta, Twitter...) Identify the time wasters.





7)Do you feel like excessive exposure is negatively impacting your mental health?

8) If yes, how can you limit this exposure?





9)How can you uti daily life?	lize the saved time to inculcate more positive activities in your
10)Do you feel tha loved ones?	t you have been spending a sufficient amount of time with your
11)Have you been	reaching out for support to them in times of stress?

12) If not, what stops you from sharing your anxieties with your loved ones? Any fears? How does not reaching out impact your mental health?





13) How can you create a healthy support network when you feel distressed? What could be the benefits of this support network?

14) What do you enjoy doing in your free time? What relaxes and energizes you?

15) Do you think that you can dedicate more time to those things?

16) What new skills can you learn to uplift yourself personally / professionally? How best can you schedule these in your current planner?



PRACTISING MINDFULNESS

"Our mind shapes our life for we become what we think"- Buddha

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly be reactive or overwhelmed by what is going on around us. It's an innate quality that we all possess-we just have to learn how to access it.

Mindfulness means maintaining a moment. It is an awareness of our thoughts, feelings, bodily sensations, and the surrounding environment.

"Live the actual moment; only this actual moment is life." -Tich Nhat Hanh (Buddhist monk and mindfulness teacher)

When we practice mindfulness, our thoughts tune into what we are sensing in the present moment rather than replicating the past or envisioning the future. Mindfulness teaches your mind to be calm/ tranquil and enables you to quieten overwhelming thoughts. It helps to tone down the constant chatter of the 'monkey mind'.

"You can't stop the waves, but you can learn how to surf"- Jan Kabat-Zinn (founder of centre for mindfulness)

Neurophysiology research noted that people can learn to manipulate their alpha rhythms (a pattern of slow brainwaves) in the somatosensory cortex (the part of the brain that receives and processes sensory information from the entire body) as they switch their attentional focus through mindfulness training. Our outer world is extremely dynamic; the reigning chaos and uncertainty have added to our stress. Consequently, most of us are experiencing overwhelming emotions that lead to a higher degree of anxiety, depression, and hopelessness. Adopting mindfulness as a way of life helps lower stress, restore tranquility, and balance all aspects of life.





"Wherever you go, there you are" – Jan Kabat- Zinn

Many of us get stuck in the 'worry cycle' and the 'mental trap of self-interrogation.' We engross ourselves in obsessive/negative thoughts and get affected by judgments, opinions, and the approval of others. This creates an imbalance in our physical, emotional, and mental health.

How can mindfulness benefit us?

✓ Helps us gain **insight and awareness**, improving the **quality of our daily tasks**.



✓ Cuts down our stress and anxiety levels and harmful thoughts.



✓ Enhances performance and boosts working memory.



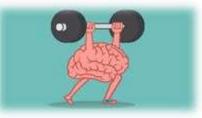
✓ Promotes **positive changes** in **cognitive abilities**.







 ✓ Daily practice of mindfulness **builds resilience** in the face of setbacks and improves the ability to make smarter decisions.



✓ Helps develop **healthy habits** for the **body and mind.**

HEALTHY HABITS

 \checkmark Is useful as a **therapeutic tool** for people struggling with mood disorders.



Mindfulness involves acceptance of our thoughts and feelings without judging them. The practitioner stays open and aware of his/ her inner workings in a nonjudgmental manner. To continue to reap benefits from this practice, it's equally important to set realistic boundaries for oneself: -

- ✓ Be aware to discern what is real and what is not. This avoids creating false memories.
- ✓ **Be alert** as not to discard helpful, positive, or any important thoughts.
- Observe Are you avoiding challenging problems as they involve critical thinking? Instead of working out a solution for them, are you turning into your meditative practice?
- Build awareness as to not fall into the trap of extreme depersonalization and disassociations in your relationships.







Make sure not to use your mindfulness practice as an escape. Instead, use it to open a door of self-awareness to who you are at your core.

"The mind is like a muscle- the more you exercise it, the stronger it gets and the more it can expand"- Idowu Koyenikan

Mindfulness Meditation

Mindfulness is an excellent way to practice self-care. It is a great tool to encourage healing, growth, and healthy habits. **Mindfulness meditation is an activity in which you make time deliberately and consciously for cultivating mindfulness.** Meditation begins and ends in the body. It involves taking the time to pay attention to where we are and what's going on, and that starts with being aware of our body. That very act can be calming since our body has internal rhythms that help it relax.

"Meditation is not evasion it's a serene encounter with reality" -Thich Nhat

"Meditation isn't about trying to throw ourselves away & becoming better. It's about befriending who we are already"- Prema Chondron (Buddhist nun, mindfulness teacher)

Mindfulness meditation is being present in the moment, which in turn trains us to become more mindful throughout the day, particularly during stressful situations.

As Ms. Brach puts it: "Mindfulness is your awareness of what's going on in the present moment without any judgment."





Mindfulness teachers/ trainers from across the globe recommend and teach the following popular mindfulness meditations:

1)Breathing space meditation



This is practiced whenever an individual experiences a highly stressful situation or painful emotion. The idea is to create a mindful awareness of their experience instead of avoiding it. This approach has been shown scientifically to be much more useful than avoidance.

2) Body scan meditation



This meditation involves becoming aware of your bodily sensations in a mindful way, step by step. You also begin to discover how easily your attention wanders off to other thoughts and how to be kind to yourself rather than self-critical.





3) Movement meditation



Usually yoga, t' ai chi, qi gong, or another physical mind-body exercise. This type of meditation involves focusing on your bodily sensations, breathing, and mindfully watching and perhaps letting go of whatever thoughts and emotions arise as you practice. Slow walking meditation is also occasionally used.

4) Expanding awareness meditation



The meditation involves focusing on, often in this order: your breath, body, sounds, thoughts, feelings, and finally developing an open awareness in which you're naturally aware of whatever is most predominant in your consciousness.

5) Raisin Meditation



This meditation introduces you to mindful eating, which is a core part of mindfulness practice. The exercise teaches you to be present as you eat & to pay attention to your food. Use all five senses to see the raisin, smell it, touch it, taste it & the sound it makes as you eat it.







This is a popular self-care technique that can be used to boost well-being and reduce stress. Those who regularly practice loving-kindness meditation can increase their capacity for forgiveness, connection to others, self- acceptance, and much more. This technique is not as easy as asking yourself to send kindness your way or to others. It often takes practice to allow yourself to receive your own love or to send it.





REFLECTION QUESTIONS

"A lot of the conflict you have in your life exists simply because you're not living in alignment; you're not true to yourself"- Steve Maraboli

1.Am I true to myself?

2. Am I waking up in the morning ready to take on the day? Am I thinking of negative thoughts before I fall asleep?





3. Am I using my time wisely?

4. What was my best moment today, and can I have more moments like it?

5. What was my most challenging moment, and why? How will I respond next time?





6. How well did I communicate with others today? Could I have done anything better?

7. What did I do for myself today, and why is this important?





8.	What do	эI	want	everyon	le to	able to	o say	about	me?

9. What are the biggest obstacles to improving my practice of mindfulness, and how will I overcome them?

10. If this were the last day of my life, would I have the same plans for today?

11. What matters most in my life? What am I doing about the things that matter most in my life?





12. How will I live knowing I will die? What's the one thing I'd like others to remember about me at the end of my life?

13. Who am I, really?

14. What do I want most in my life? What is life asking of me?

15. To what degree have I actually controlled the course of my life?

16. What always brings tears to my eyes?
7. What does unconditional love look like for me?
8. What things would I do if I loved myself, unconditionally? How can I act on these things, even if I am not yet able to love myselfunconditionally?

19. What have I given up on?





20. When did I last push the boundaries of my comfort zone?





BALANCING ALL THE ASPECTS OF YOUR LIFE

We usually tend to put most of our focus and attention on our professional lives. It is good to have goals for your professional/academic career and work towards achieving them. However, this may result in your neglecting to put time and attention towards other aspects of your lives. We can lead genuinely fulfilling lives only when we learn how to balance. The challenge of living a well-balanced life is to balance what we must do with what we enjoy/ choose to do.

There are ten important aspects of life:

- > Health- Our physical, mental, and emotional well-being.
- **Family**-An ever-present feature in our lives.
- **Work** Our profession.
- ➤ Homelife- Time spent at home.
- **Friendships-** Companions, mates, and our support network.
- > Spirituality- Faith, Beliefs, Values, and mind-body-spirit-divine connections.
- Personal growth-An An ongoing journey, working on ourselves from the inside out.
- **Recreation** Fun and joy- these are essential to our well-being.
- Community- We're all part of one. It is essential to come together, connect, and help others (especially in this pandemic).
- Finance Our relationship with money. In an ideal world, this shouldn't be the primary focus.

"Balance is not something we can get. It's a state of mind. It's the realization that life's not stable but in constant motion"- Guztavo Razzwtti

Integrate all aspects of your life. Make all the areas of your life collaborate instead of putting imaginary walls or competing them against each other. Together they make your life whole!

1)Reflect and gain more self-awareness



Trying to achieve balance in life is a very personal journey, and yours is specific to only you. Different people neglect different aspects. You may even find that you already take care of most elements. Hence, you need to spend time reflecting and understanding what you are doing right and what you could improve on.

2) Understand Importance



When you work towards achieving balance, think about why it is important to you. What difference do you feel it will make in your life? How will dedicating time and energy to each aspect make you feel? Visualize how you will feel and the positive impact. This will keep you motivated.

3) Make a conscious effort to dedicate time



If you feel that you are too busy or that it is hard for you to stick to commitments, then make sure that you write down specific times that you will dedicate to different things in your calendar/planner. For example, if you want to go for a run to take care of your health, then schedule it. Or if it is hard for you to find time to spend with your family, talk to them about everyone settling aside some time to spend with one another.





4) Focus on one thing at a time



This tip may not work for everyone, but if you feel overwhelmed by all the aspects you need to balance, then just focus on one at a time. Once you feel like you have a routine that you will stick to for one aspect, then start thinking about another one.

- Give yourself self-compassion and be self-nurturing. Take care of your physical and mental well-being to maintain a healthy lifestyle. Burnout is a real possibility. Ideally, set aside time each day to unwind with an activity you enjoy.
- ✓ Cultivate a growth mindset
- ✓ **Prioritize your values**. Examine your values and decide what's important to you.
- ✓ Set healthy boundaries and be aware of where you're focusing your energies.
 Learn to say NO.
- ✓ Expect the unexpected- for times when things and situations go wrong, do whatever it takes to adjust your game plan to move forward.
- ✓ Keep building mental toughness/ resilience- learn how to deal with adversity, unforeseen events, uncertainty (such as now). Practice not letting things get to you.
- ✓ **Strengthen your practice of mindfulness**, calm & stillness.

REFLECTION EXERCISES

Set aside time to reflect, identify your stressors, and what makes your heart sing. Evaluate and find your balance that brings peace, letting go, and acceptance of yourself and others.

1)How do you find work-life balance? What does it mean for you to lead a wellbalanced life?



2) What are your beliefs around life balance?

3) What are the emotions surrounding these beliefs?





4)How willing are you to adapt to the moment? To let go of control sometimes? To open up to your vulnerabilities?

5)How do you deal with failure?



6)How does an imbalanced life feel like to you?

7) Set time to reflect, identify your stressors, & what makes your heart sing. Evaluate and find your balance of peace, letting go, acceptance of yourself and others.



IMMUNITY BUILDING DIET AND NUTRITION

Our current situation, we need to ensure that we are doing everything in our power to stay safe and take care of ourselves. This includes being mindful of our diet and what we put into our bodies. We must make it a point to consume foods that help boost our immunity and protect overall health so that we are better equipped to fight the virus. Here are some tips on how you can include immunity-boosting foods in your daily diet.

1.Drink enough water



Aim for 8-10 cups of water every day. Water transports nutrients in the blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints. Water is the best choice but you can also consume other drinks, fruits, and vegetables that contain water, for example, lemon juice (unsweetened), tea, and coffee. Cut down on caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain excessive sugar.

2. Eat fresh, unprocessed foods



Eat fresh fruits, vegetables, legumes (e.g. lentils, beans), nuts, and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice, or roots such as potato, yam). Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.



3. Incorporate anti-virus foods into your diet



Garlic, ginger, and tulsi leaves that help build immunity, flush toxins, and fight viruses. You can chew on a few tulsi leaves or boil 2-3 tulsi leaves in some water to make a tulsi drink.

4. Make sure you're getting enough vitamins



While getting adequate amounts of all vitamins is important for overall health and immunity, vitamin A (beta-carotene), E, D, and C are the most powerful antioxidants. They help strengthen immunity by neutralizing harmful toxins in the body. Citrus fruits, green leafy vegetables, capsicum, guava, and amla are the best sources of vitamin C. Green leaves and orange fruits and vegetables are rich in beta-carotene, while vitamin E is found in wheat germ, nuts, seeds, and vegetable oils. Foods rich in Vitamin D are fatty fish, mushrooms, and egg yolks. If your vitamin D levels are below normal, consult your doctor for supplement advice.

5. Zinc builds immunity



Zinc not only helps to build immunity but also boosts metabolism. A balanced diet that includes whole grains, pulses, nuts, dairy products, and vegetables usually provides enough zinc. Some food sources of zinc are cashews, fatty fish, almonds, whole pulses, and whole grains.

6. Include turmeric in your diet



Turmeric has excellent anti-inflammatory and antioxidant properties. While you can add turmeric to any dish you prepare, have half a teaspoon of turmeric mixed with a pinch of black pepper powder and a drop of any healthy vegetable oil.

7. Eat less salt and sugar

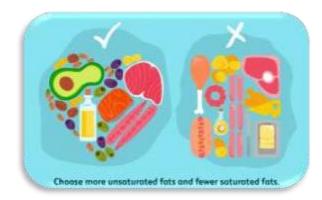


You can do this by limiting the amount of salt in your food, avoiding snacks that are high in salt and sugar, limiting our intake of soft drinks, and substituting cakes and chocolate with fresh fruits.





8. Eat moderate amounts of oil and fat



Consume unsaturated fats (e.g. found in fish, nuts, olive oil, soy, canola, sunflower, and corn oils) rather than saturated fats (e.g. found in fatty meat, butter, cream, cheese). Try and eat white meat instead of red meat. You can even opt for low-fat versions of dairy products such as milk. Avoid processed foods and junk foods (bakery products, fried food, burgers) as they are high in trans fats that harm your health.



REFLECTION EXERCISES

1. List some of the foods you eat every day.

2. What is good about your daily diet? What can you improve?

3. Do you drink enough water? If not, what steps can you take to change that?

4. Does your current diet include a lot of unhealthy fats, oil, and processed food? If yes, which of the healthier foods can you use instead?

5. Are you getting enough vitamin C, D, and zinc? If yes, write down the foods/supplements that you eat containing these. If not, what can you incorporate in your diet to ensure that you are obtaining these vitamins?





EXERCISE AND WORKOUT PROGRAMS AT HOME THE CHALLENGE

Physical fitness and movement are crucial to well-being. Physical activity leads to lower stress levels, better immunity, and is generally accompanied by a feeling of happiness. Yet, over the last several decades, we have been sitting more and moving less. Typically, we would spend anywhere from 8-12 hours sitting before the lockdown was enforced. Sitting and lack of movement led to obesity. Lifestylerelated illnesses are at an all-time high and are growing alarmingly across all age groups. Studies have shown an hour of sitting reduces life expectancy by as much as 22 minutes. In contrast, smoking one cigarette reduces expectancy by 11 minutes. Sitting could be considered worse than smoking. This issue has been compounded in multiple ways during the lockdown. With working from home becoming the new norm, and the closure of recreational spaces and gyms, we sit more than ever. The problem is further compounded because we are not always sitting on an ergonomically designed workstation. While working from home, we end up moving from the table to the couch, or the bean bag, and ultimately slouching on the bed. Sitting, and specifically sitting hunched over a smart device or a laptop causes the following problems:

1. Shortness of breath

It is almost impossible to breathe deeply while sitting. The diaphragm does not have enough room to contract. As a result, we end up breathing only in the upper part of our chest.

2. Turning off the glutes

Our glutes, or the muscles of our buttocks, are the biggest muscle group in the human body, but also, by the proportion of body weight, we have the most prominent glutes (butts) in the animal kingdom. Glutes allow us to stand on two feet. They are crucial to posture, holding the pelvis in the right position (neutral pelvis), and providing a base for our spine. Sitting inhibits the action of our glutes, and we just cannot activate the glutes while sitting.

3. Hip stiffness

Closely related to the glutes is the hip joint. The hip joint is uniquely positioned in the body. This is where the upper and lower body connect. Stiffness and dysfunction in the hip lead to a host of problems in the upper and lower body, including back pain and knee pain.

4. Thoracic spine stiffness

The human spine evolved to become an S-shaped spring to provide unparalleled movement. The upper back region, where the ribs attach to the spine, is called the thoracic spine or T-spine. Sitting, and especially remaining hunched over a keyboard or a smart device, leads to the T-spine losing mobility and staying stuck in an exaggerated C-shape curve. This is called kyphosis of the spine. Increased kyphosis gives a hunched appearance to the back and leads to problems and pain in the neck, shoulders, and the lower back.

5. Cervical/ neck issues, and jaw pain

The hunched back position we assume while working causes stiffness in the neck and leads to pain in the jaw.

The challenge of fitness in the lockdown is especially severe. Gyms are a high-risk environment and are unlikely to open shortly in this lockdown. Additionally, yoga and other non-contact training are also severely restricted. Finally, the biggest problem is the lack of places even to walk or run about freely during this lockdown.





WHAT TO LOOK FOR IN A FITNESS PROGRAM?

Fitness is crucial during the lockdown. When developing a fitness regimen, we should look for the following:

1. Improve "Movement-ability"



Movement is life. Strength, endurance, and bodyweight just don't matter without the ability to move correctly and without pain. Any workout program should first improve the ability to move or movement ability. Generally, this means the following: Proper hip mobility, stability, and strength of the upper back (thoracic spine) mobility, shoulder mobility, stability, and core strength.

2. Ability to progress or regress according to your level



Regardless of our current fitness level, our chosen training should provide enough of a challenge to overcome. The regimen should build on skills and movements sequentially to enable better mobility and performance.

3. Undo the damage of sitting



The workout program should reinforce the proper breathing pattern, activate the glutes, and lengthen all muscles that become short or stiff due to sitting.

4. Build strength



Strength is the primary quality that makes every other quality better. Once movement ability is taken care of, a good program should first build strength and then worry about the other qualities. Also, loss of strength increases the chances of injury.

5. Utilisation of the right resources



During the lockdown, both equipment and space are severely constricted. A good program should integrate seamlessly with both our life and space.

Frequency and Duration-As with most goals, it is more important to keep taking small steps consistently rather than take big steps intermittently. **An easy program that you can stick to and devote 20-30 minutes every day, which leaves you refreshed and energized, is much better than a harder program that you can only perform once every 3 or 4 days and leaves you tired. Remember, the challenge of the lockdown is unique.** Keep it simple, and if you do the easy bits now, you will be able to do the harder stuff automatically.



PROGRAM AND FITNESS OPTIONS

1. Body movement programs



Yoga, Pilates, Animal Flow, Ground Force Method, are all great options during the lockdown.

2. Walking/Running



If space is available, and if you can do it safely, both walking and running are beneficial. Being outside also boosts our mood and immune system further.

3. Bodyweight functional routines



Planks, push-ups, pull-ups (if a pull-up bar is available), squats, etc work great. They build functional strength and improve endurance, as well.

Fitness Systems

The best way to continue a habit or ensure something becomes a part of your routine is to create systems. There are two fitness systems to attain different results:

1)Mobility and Restoration System to undo the damage of sitting, restore strength, build more mobility, and keep moving

2) **Strength and Endurance System,** which is slightly more challenging. It is a simple circuit to make you stronger and better conditioned over time and undo the damage of sitting.







Mobility and Restoration Routine

Below are two fitness routines: the first one is **designed to be short and easy**. The goal is to build movement ability into the body and build strength. It is a unique combination of several different systems, including Original Strength TM and Ground Force Method. It is suitable for almost anyone. Although it is important to note, **please use all due precautions and common sense in performing these routines.** If you face any kind of pain, please stop immediately and consult a medical professional. **The authors and publishers of this book are in no way responsible for any injuries or issues that result from incorrectly performing these exercises.** This entire routine should take no more than 10 minutes. And can be done in parts as well if there is a lack of time. Use this when you are tired or have been sitting for a long time and just need a break. All you need for this is a yoga mat.

Strength and Endurance System

The second is a circuit **designed to build strength and endurance.** You do not require any equipment to perform this. We have also listed regressions for each of the exercises in the circuit, in case you are unable to perform any of those. Remember, start from where you are, be consistent, and go easy. Your body is under enough stress as it is during this lockdown. **Think of the exercise routines as a way to reward your body and mind, and not as a punishment.** Enjoy it.

Warm-Up (Perform once before performing the routine)

- ✓ Spinal reach and side bends
- ✓ Crocodile breathing
- ✓ Rocking
- ✓ Kneeling Arm Squeeze
- ✓ Scapular Push-Ups
- ✓ Greatest stretch with rotation



Routine

Perform the routine as a circuit. That is, perform the prescribed number of repetitions (reps) of the exercises. Rest as required between exercises. Start with level 0. If you can complete the upper limit of repetitions prescribed at each level in the specified time, you can progress to the next level. Aim to perform between 3 and 6 rounds of the circuits, but you can also perform each round at different times during the day. For instance, say you are at level 0, complete one series in the morning, and one in the evening. You will find your strength will build up slowly but almost effortlessly. Soon you will be able to progress to perform two rounds in the same effort it took you to complete a single series earlier. Then you can increase the number of rounds, or just move to the next level.





EXERCISE NAME	LEVEL 0 (REPS OR TIME)	LEVEL 1 (REPS OR TIME)	LEVEL 2 (REPS OR TIME)
Fire Hydrant	5 each	10 each	10 each
Squat	8-12	12-15	15-20
Push Up 1 Arm Plank if Unable to do a Push Up – 10 seconds each side Regular plank if unable to perform the 1 Arm Plank (15 seconds)	3	6	12-15
Bat Wings	3 x 10 seconds each	6 x 10 seconds each	8x10 seconds each
Lunge	5 each side	12 each side	15 each side
Plank	10 seconds	30 seconds	Plank with arm reach for 30 seconds
Seated reverse shrug	5	10	12
Glute Bridge	5 (3 second hold at top)	10 (second hold at top)	Single leg glute bridge 5-10 reps of 5 second hold at top
Staggered Squat	5 each side	10 each side	15 each side
Side to side Plank Use side plank if unable to side to side Use Side plank on knees if unable to do full side plank Use Wall Side Planks if unable to do plank on the knee	3-6 reps of 3 seconds on each side	5-8 reps of 6 seconds on each side	4-6 reps on of 10 seconds on each side

REFLECTION EXERCISES

1. How has your fitness routine been affected during the lockdown? Are you able to do some physical activity at least 3-5 days a week, 20-30 minutes at a time?

2. How do you feel the lockdown is affecting you physically?

3. Are you devoting any time to yourself to recharge your body?

4. Are you experiencing any new aches and pains in your body due to the demands of the lockdown?







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5. Are you playing any games with your children/parents, involving the entire family and having physical activity-based fun?

6. What type of physical activities do you like to do? Are you able to continue those in the lockdown? If not, can you think of some suitable alternatives to those activities?





DEVELOPING EMOTIONAL INTELLIGENCE

"In a very real sense, we have two minds, one that thinks and one that feels" -Daniel Goleman

Emotions are an integral part of our genetic makeup. We have been able to sense emotions from infancy. As we grow older, with time and practice, we become more emotionally aware. **Emotional awareness is simply being able to recognize, accept, and respect our feelings as they happen**. Emotional awareness is also the first step toward building Emotional Intelligence. Sometimes we think that emotional intelligence isn't that important and that we should dedicate more time towards developing our Intelligence Quotient (IQ). However, research shows that IQ contributes towards only 20% of a person's success and happiness, but being an emotionally intelligent person holds more than 50% weightage towards our well-being.

Tips for developing Emotional Intelligence 1)Being self-aware and mindful of our emotions



Emotions can overpower people and make them feel resigned to what they are feeling. The ones who can make more productive personal decisions easily are **certain of their feelings** and **mindfully set their boundaries.**

2) Managing and regulating emotions



Once we are aware of our emotional responses, we can start to **control how they influence our actions.** The most difficult emotions to regulate are anger, anxiety, sadness. We can learn to manage these three by challenging the assumptions that make us angry, anxious, or sad. Reflecting and asking realistic questions are helpful. In the case of a high intensity of emotions, it is advisable to seek professional help.





Empathy is the capacity/ability to understand/feel what another person is experiencing from within their frame of reference and world view. It is sometimes called 'perspective taking.' Empathy is a learned behavior even though the capacity for it is inborn. It helps us connect, support, and build relationships with others. Feeling heard and being understood are human needs. Empaths give an emotional understanding to others. Brene Brown, the empathy expert, lists the following components of Empathy: to be able to see the world as others see it, to be non-judgmental, to understand another's feelings, to communicate your understanding of that person's feelings. Empathy creates connection, a bridge of understanding, and strengthens trust.

4) Staying motivated



Self-motivation is integral to develop emotional intelligence. It pushes us to achieve our goals, feel more fulfilled, and improve on our overall quality of life. It is our own drive and ability to push ourselves towards our goals. Four elements make up motivation:

1) **Personal drive to achieve certain standards.** For instance, a growth mindset is a self- belief that hard work and effort can improve one's skills (self - empowerment).

2) Commitment towards personal and professional goals. "if you aim at nothing, it's easy to achieve it." Being focused and committed towards your goals and their action plans is a vital part of staying motivated.





3) Initiative defined as readiness to act on opportunities. Having the courage to take an appropriate level of risk, overcome fears of the unknown, and make informed decisions.

4) Optimism-also known as resilience to pursue goals in the face of setbacks. Optimistic motivation consists of managing negative emotional responses, cultivating the ability to bounce back, taking failures as stepping stones to success, believing in your strengths and abilities, and asking for a helping/ supportive hand

Using EI in Relationships

In Families



Emotionally intelligent parents are better at leading by example and offering positive ways to deal with emotional reactions. They can validate their child's emotions and guide them through overwhelming feelings.

At Work



People with high Emotional Intelligence work better together. They're equipped to suppress the expression of prejudice and discrimination. It is also easier for them to be able to give and receive constructive feedback.

In romantic relationships



Emotionally intelligent partners are better able to understand how to disagree and have healthy discussions. They can challenge toxic thoughts, see things from the other's perspective, validate their partner's emotions, and apologize when wrong. To summarize, they're usually more responsible and accountable for their actions and behavior.





1)

REFLECTION EXERCISES

Developing emotional intelligence is a personal and individual process. We have compiled a range of questions to guide you. There are no right or wrong answers.

What are the differences between how you see yourself & how others see you?



2)Do you find it easy to talk about your feelings? What makes it hard?

3)Do you truly understand what motivates you in your personal & professional space?

4) Think of a time when you were feeling a negative emotion and how you handled it. Describe your reaction and behaviors.

Now reflect upon it and describe healthy management skills and behaviors to process that negative emotion in the future.

5)Do you reach out to others to form healthy relationships? Do you act with a positive attitude?

6) How did you learn to recognize/ manage your emotions?





What about learning to understand what other people are feeling/ going through?

7)How do you respond to criticism? How can you be more proactive towards criticism?





8)Do you understand the values, strengths & goals of your fellow peers/coworkers?

9)Do you notice when you are frustrated during conversations? Are you able to keep calm? Use respectful language?



10) Who is someone you trust and can provide valuable perspective into how others see you?

11) How might your various moods/emotions affect your decision making and communication styles?

12) How do your self- esteem & self-confidence affect your decision making?

13) Identify your top 3 weaknesses. How can you mitigate these weaknesses?



14) What do you spend most of your time thinking about? What would you like to spend most of my time thinking about?

 15) How can you frame your discussions in a way that relays your true intentions?

 15) How can you frame your discussions in a way that relays your true intentions?

 16) What failures can you admit to demonstrate sincerity and humility?

 16)

 17) What qualities do you like about individuals with whom you interact daily?

What qualities do you like about individuals with whom you interact of What potential do you see?





SUCCESSFUL CONFLICT RESOLUTION

Living in close confines 24/7 with your loved ones can be stressful and anxietyinducing, especially when everyone is facing personal as well as economic pressures/fears about the virus. **The following are some strategies and tips validated by psychologists, psychotherapists, and humanitarian institutions on how to defuse tensions arising from this pandemic.**

1) Understand their point of view



Perhaps you are trying to convince your significant other or child to take on more household responsibilities, something they are not used to. Or maybe you're feeling irritated and anxious and unknowingly taking out your frustrations on your family. **Even if you think you are right, try to step into the other person's shoes and see where they are coming from.** This will help you find a more suitable and productive solution to the problem.

2) Listen with the intent to understand, not argue



Quite often, we engage in arguments where one or both parties listen to what the other is saying for finding points to rebuke theirs. This is ineffective in finding a solution to the problem, and it leaves both parties feeling unheard and misunderstood. Hence, **listen with the intent of truly understanding what your loved one is saying**.

3)Be aware of your feelings



The pandemic and the problems it brings make all of us feel a range of negative emotions. However, you must be mindful of how these emotions are influencing your attitude and reactions to others. **Once you reach a certain level of selfawareness, it is less likely that you will find yourself taking out your anger on someone.** Moreover, if you are more aware of your emotions, you can reach out to those close to you and discuss them- this may even strengthen your bond.

4) Maintain a calm tone of voice



Often when we try to express our grievances by shouting and dismissing one another, the argument becomes less and about the original problem and more about a competition of who can get the last say. Even though it is hard, try to speak calmly. **Not only will this help deescalate the situation, but you may find that the other party starts mirroring your tone of voice, which will help you talk to one another constructively.**





5) For kids



If you find that your parents are arguing with each other, try and avoid getting involved. It is hard because you love them and don't want to see them fight. But your involvement is unhealthy for you. **Try and distance yourself from the tension by going to another room/ part of the house.** Furthermore, if the tension at home is getting too much for you, reach out for help.

Further tips:

- ✓ **Plan fun activities** with your family.
- Schedule time each week to discuss problematic issues; each person gets to opinionate without being ridiculed or judged. With no blame games and no right/wrong pointing.
- ✓ Let all members take responsibility and make decisions equally. Family members can give advice and help to function smoothly but not belittle or begrudge.
- Replace frightening thoughts with more helpful ones like: "Breathe calmly,"
 "I can handle this," and, "I am coping."
- ✓ Replace negative thoughts with 'I've got this,' 'I am not alone,' 'I'm empowered to reach out to others for help,' 'I will find out how I can help others' and, 'This will pass.'
- ✓ Try calming techniques: meditation, spending time with nature, music, playing with a pet, painting, cooking, gardening, or reading.
- Try using "I" statements, such as "I am feeling angry about this" or "I am not liking the way we are managing at the moment."
- ✓ Avoid the 'blame' trap to reduce unnecessary conflict

- ✓ Use the 90/10 rule. When talking about difficult things, try putting 90% of your energy into being curious and open to learning about the other person's experience, and 10% on voicing your own perspective.
- ✓ **Find your reset button-** and use it!
- ✓ Take responsibility for what you have done to contribute negatively to the conflict. Try using statements such as "I know I'm finding it stressful being cooped up. I'm sorry I got upset and walked out before."
- ✓ Forgive the other person or people for how they may have contributed to the conflict. Acknowledge any efforts they are making to resolve it, too.









REFELECTION EXERCISES

1)How are you finding this lockdown period? How are you coping with your loved ones at the moment?

2) What type of conflict is going on, and why? How do you feel about it?





3) How willing are you to resolve the conflict?

4) Why do you think the other party is having a problem?

5) Did you cross a line? Did they?





6) Are you listening with the intent to understand them?





7)How do you usually react to highly stressful situations? If you're reactive, what alternative ways can you work towards being proactive?

8) What do you think you're doing right in an argument? What do you think you could improve?

9)Try to identify any frightening/ negative thoughts that you or your family members might have. Do these thoughts help or hinder? What helpful strategies can you employ to reframe these?



10) What family structures/routines have you created to ease conflicts?

11) Do you want the solution to be suitable for just you or all parties involved?





HOW TO TALK ABOUT THE PANDEMIC WITH CHILDREN

The COVID pandemic evokes stress within most people. You and your child would be feeling many emotions, such as anxiety and worry for the future. You must know how to discuss the pandemic with your child to soothe them and not escalate their anxiety. *1)Create a safe space for the child*



Ensure that your children know that they can always come to you with their worries and questions. Do not scold or ridicule your child for trying to talk about their emotions with you. Let them know that it is okay to feel worried from time to time

2)Reassure them



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Typically, kids would be facing thoughts like "What if my family gets corona?". Explain to your child the safety measures that the family is taking to minimize the chances of contracting the virus.

3) Do not project your anxieties onto them



Everyone can feel anxious, and that's okay. However, you mustn't discuss your anxieties with your child. Children feel worse when they see that their parents are under distress. This may negatively impact their mental health. You can talk to other family members or close friends.

4) Listen to what your child wants



Some children may want to talk to their parents about their worries, and that would reassure them. But other kids would not, and that is fine. Avoid forcing your child to talk about the pandemic with you.

5) Answer their questions but refrain from giving them too much information



If your child asks you a question about the number of people infected in your city, answer him or her honestly. However, there is no need to start giving them more information that may make them anxious. If they do not ask questions about the news, there is no need for you to tell them.





6) Talk to them about the news that they are exposed to



Ask them questions like "What do you feel about what you see on news channels or social media." Understand what they are exposed to and then guide them in the right direction as to what sources they should rely on for reliable information. If they are being exposed to too much negativity, talk to them about limiting the time they spend looking at updates and news.

7) Build an atmosphere of positivity



Try and share positive and uplifting news, songs, movies, stories, etc with your child. Help them find ways to keep themselves busy and happy.





REFLECTION EXERCISES

1) How are you currently talking about the pandemic with your children?

2) How effective is your current approach? What can you delete or replace to make it simpler and more effective?



3)How can you be in touch with your kid's feelings? List a few guiding questions to ease their concerns.

4) Are your children modeling on your anxious or positive behavior and feelings in this pandemic?

5) What positive behaviors/	attitudes are you	reinforcing in your	children to manage
their emotions?			

6) What are your reassuring behaviors to calm your children?

7) Do you think that at times you project your anxieties onto your child? If yes, how can you avoid doing so?

8) How do you feel you can create more positivity in your child's life?





REDEFINING SUCCESS

A lot of us tend to base our perception of what success is off society's perception of success. We place more regard and effort into achieving our professional goals than our personal ones because we see that we gain more respect and admiration for it. This isn't necessarily because people don't care about our personal goals. It's merely that it's easier for people to celebrate, recognize, and measure our professional success. This is why each one of us needs to think about what success truly means for us. Each person will have a different definition of a successful life, and that's normal, but we need to make sure that other people don't heavily bias our own perception.

Tips to help you redefine success in your life *1.Self-reflect*



This is probably the most essential tip for this. You need to take time to think about what makes you happy, your current perception of success, how influenced you are by other people and understand yourself. This may seem difficult at first and even uncomfortable. It is never easy to be honest with ourselves, but it is worth it.

2. Identify what is currently working and what isn't



Once you know where you want your life to go and what success means to you, **take a look at your life** and see what aligns with that and what doesn't.

3. Write your thoughts down/Journal



This is very helpful while doing the previous tips. When you self-reflect and look at your life and perceptions, it will be **easier for you to write your feelings and reflections down somewhere.** It could be any notebook or a sheet of paper. This will help you remember what you thought as well as track your journey.

4. Take action



Your action doesn't have to be anything big. It could just **be small steps that significantly improve the quality of your life.** For instance, if you feel that exercise is a part of your ideal life but is currently lacking in it, simply start by stretching or doing some light yoga for 15 minutes daily. Once that becomes a routine, you can make a bigger change in that aspect of your life.





REFLECTION EXERCISES

1)What is your current perception of success?

Is it solely based on your professional career?

Are you satisfied with it?

Has it been influenced in any way? If yes, how?



2) What makes you happy?	
	_
	_
	-
	-
3) What is your ideal life that is successful for you?	
	_
	_
	_
What are you doing right to get this life, and what could you improve on?	1
	_
	_
	_
	_
What steps can you take to work towards obtaining what you feel success is?	





BUILDING RESILIENCE

"Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something good."- Elizabeth

Edwards

Psychiatrist Steven Wolin defines resiliency as **the capacity to rise above adversity**. Resilience is less about who you are and more about how you think. It's about focusing on surviving the challenges that you are currently facing. Some people are naturally resilient, but it's a skill that can be cultivated and nurtured. **It is important to note that true resilience isn't just about bouncing back; it's about understanding and accepting that the stressors and challenges you experience and growing from them.**

"No matter how bleak or menacing a situation may appear, it does not entirely own us. It can't take away our freedom to respond, our power to take action."-Ryder Carroll

Resilient people learn and know how to weather the storms of life. They keep practicing bouncing back from life stressors and meeting challenges head-on. They're flexible, adapt to new circumstances, and thrive on constant change. For the highly resilient, what matters most is not what these obstacles are but how they see them, how they react to them, and how rapidly they retain their composure.

Resilience helps you handle stress more positively. There are things you can control in life and things you can't. Learn to let go, adapt to change and adversity, practice moving into a new mindset and develop more resilience along the way.

This is a very personal process. Each of us reacts differently to stress, trauma, and adversity. **There's no one size fits all - there's no magic formula.**

"Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive."-Jean Chatzky

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over again in my life. And that is why I succeed."- Michael Jordan (Basketball legend)



Like all of us, Jordan also had to deal with opinions, judgments, failures, fears, and bias. Despite these obstacles, he continued to believe in his vision. He stayed true to his beliefs and consistently put effort into bettering his game and concentrating on his goals. We can learn many skills to build personal resources, which can be a buffer of psychological distress in stressful situations.





Some characteristics of resilient behavior include:

1. Viewing setbacks as impermanent.



2. Reframing setbacks as opportunities for growth.



3. Recognizing cognitive distortions as false beliefs.



4. Managing strong emotions and impulses.



5. Focusing on events you can control.



6. Not seeing yourself as a victim.









7. Committing to all aspects of your life.



8. Having a positive outlook on the future and developing a growth mindset.



Resilience expert Michael Ungar says, "sometimes the stresses that put our lives in jeopardy in the first place remain in the world around us even after we have taken the cures... people who can find the resources they require for success in their environments are far more likely to succeed than those without positive thoughts..." Developing resilience is not always easy. You may find that you severely lack resources or that you're facing too much adversity. Resilience does not mean that you should stop yourself from feeling negative emotions or think only positively. It is a mindset that takes time to develop. It means you are in tune with all your feelings, you take your time, assess the situation, and act on what is in your control. You see what you can do to make things easier for yourself and learn from what is happening. We can cultivate a range of skill sets. We can nurture habits that allow us to manage our emotions, handle situations with clarity, and look at challenges as an opportunity to grow. Adversity may occur when we least expect it, but when it does happen, we can be prepared.



STRATEGIES TO STRENGTHEN RESILIENCE

- Practice an attitude of gratitude. Make it a point to take time out of your day to think of three things you are grateful for. Experts recommend you do this right when you wake up or before you go to bed. This effectively improves the amount of positivity in life.
- Practice mindfulness. It will help lower anxiety and overwhelming emotions.We have more of this another chapter.
- **Fractice meditation**. Learn the art of being still, cantered, and calm.
- Pause, sleep and recharge. Do you feel like you're on an endless treadmill of work? Overscheduling leads to faster burnout. Schedule non-negotiable personal time. Treat your downtime as sacred. Moreover, ensure you get at least 8 hours of sleep. Good sleep nourishes both our bodies and brain.
- Reframe your thoughts about reality. Assess your emotions and thoughts to identify the real situation. Don't worry about what you can't control. Flexible thinking is the hallmark of resilience.
- **4** Question your limiting beliefs, replace them with more meaningful ones. pic
- Don't get swamped by your negative emotions and thinking errors. You can work on this through self-reflection and evaluation.
- **When the set of the s**
- **Strong relationships** are critical to moving forward. Are your relationships lasting, positive, and fulfilling?
- Go the Japanese way of 'arugamama'- a state of unconditional acceptance. Accept yourself and your life at the moment. This, combined with the intent to act in positive ways, will create change.





- Grief and Resilience live together''- Michelle Obama(Becoming). Fighting against grief is not helpful in the long run. It's beneficial to take support from your loved ones and seek professional help if necessary. It's okay to regain yourself at your own pace.
- Respect your vulnerabilities, honor your body's rhythms, and listen to your nervous system's responses for healing and restoration.
- Build the courage to endure. Build your emotional and mental strength in the face of setbacks/ adversities.
- Practise self-compassion. Be kind to yourself when you make mistakes and face setbacks. It is okay if you're not immediately able to be highly resilient. It takes time to develop. But just the fact that you are reading this and making an effort to improve your mindset shows that you are off to a beautiful start.

Currently, we're experiencing unprecedented chaos and change. As the world stands exposed to the unpreparedness for this degree of adversity, **it's imperative to remodel our mindsets towards more robust solutions, to inculcate fortitude, courage, and hope towards building a more resilient world and 'us.'** It's the human spirit of never giving up —neither on ourselves nor on others that has eternally been a powerful display of resilience.



REFLECTION EXERCISES

1)How do you define self-resilience?

2) How do you practice self- resilience?





3) What factors do you feel contribute to your ability to remain flexible when faced with a setback?





4)Do you see resilience as being a quality that one can learn and develop? If so, how?

What small steps do you think you can take toward becoming more resilient?

5) Describe a situation when you or someone you know has demonstrated resilience/ could have shown resilience?

6) What are your current coping strategies?





Assess the ones that have worked in the past and that haven't worked.

What improved strategies / coping mechanisms can you replace the haven't worked ones with?





7)Can you think of some helpful beliefs that can strengthen your resilience muscle?

8)Are you clear in what you want to achieve, and have you tested this out to check how it fits into the rest of your life?

9) Can you stand back and look at things objectively? Are you open to others' interpretations and opinions?





Reflect on a challenging situation in your life. Use the following questions to move to a sense of objectivity.

1) What is the situation?

2) What is it about this situation that I find so challenging?

3)What are my thoughts at this moment- a reflection of fear, self- limiting beliefs?



4) How do I feel when I think of these thoughts? Could I let go of these thoughts?

5) What's at least one thing about the situation that's possible? 6) What's one step, that if taken, would move me forward?

7) How do I feel taking that step?





8) By when could I / would I take that step?





ABOUT US:



LifeSkills Hub is an organization devoted to helping you be the best version of yourself by bringing to you relevant life skills. These include empathy, resilience, communication, building healthy relationships, and finding meaning. We emphasize the importance of self -reflection and investing in oneself.

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Dr.Kavitha Simha is a registered dietitian and gold medallist with over 15 years of experience in clinical practice. She is also a certified renal nutritionist and diabetes educator. She has developed and designed a self-management kit for both diabetes and weight management. Her approach is based on practically viable solutions, focusing on a wholistic approach to achieve optimal health and nutrition. She believes positive reinforcement and interaction will go a long way in changing perceptions about diet and nutrition modification.



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Amitoj Likhari is a human performance enabler, strength coach and, movement specialist based out of Bangalore. He holds a master's degree in Motor Learning and Control, and another in Computer Engineering from the University of Florida, USA. Additionally, he is a certified kettlebell to coach kettlebells by Strong First (SFG 1), bodyweight movement coach (Ground Force Method), and movement certification (FMS). He runs his fitness studio Born Infinite out of Bangalore and has coached students of all ages to move better, become more robust, and fitter. He also specializes in low back issues. He was formerly a Senior Program Manager with Microsoft and helps corporate professionals attain and sustain peak performance by working on their minds, bodies, emotions, and spirits. He can be reached at **amitoj@borninfinite.com**.



Thank you for reading the book if you have any queries/ want to give us a review please reach us out at <u>thebookofwellness@gmail.com</u>

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