



TARGET TIPS

SOME PEACE OF MIND



That life is unpredictable goes without saying. Uncertainty and isolation are factors that can make ordinary routines suddenly seem like insurmountable challenges. Your physical health is inextricably tied up with your emotional well-being. Left unchecked, anxiety can knock you off balance and throw you into a downward spiral. Here are a few strategies to help you stay grounded, steady, and goal-oriented, even when circumstances beyond your control threaten to overwhelm you.

METABOLISM MATTERS

When you're stressed, it might be difficult to find the drive or time to exercise, but physical exertion is a proven mood modifier. The CardioCoach app can guide your workouts so that you stay in your green zone and don't push yourself harder than you need to. This will leave you feeling strong and motivated for the next workout. It will pay off, both emotionally and metabolically.

Create a moment of calm. Whether it's taking an extra long shower, curling up with a good book, or taking a morning walk, find activities that calm and enrich your soul. Plan to incorporate them into your schedule and do what it takes to make them happen. If it means scrubbing the entire kitchen so that you can relax over a cup of tea or finding a babysitter so that you can take a quiet stroll, do it. Create a setting in which you can let go of your anxiety, even for a few minutes. Like stretching after a workout, you need to allow yourself to regularly rest and realign emotionally.

Keep a gratitude journal. At times, it might seem like your life is all drudgery and disorder. It's not always easy to see a silver lining, but gratitude has been shown to diminish anxiety. By regularly noticing and writing down good things, you are training your mind to see the world through a positive lens. This exercise can be frustrating when your heart isn't in it, but do it anyway. Start small. Even if the things you write seem insignificant (like an especially blue sky or crisp apples when you expected them to be mealy), keep going. You will find that your ability to feel gratitude will grow and develop quickly.

Ask for help. Sometimes, the challenges of your life are going to be more than you can handle, and that's okay. Be patient with yourself and be willing to look for help if you find you can't cope on your own. That could mean seeing a therapist or counselor, or reaching out to friends or family members who will exert a calming and constructive influence on you. An appeal for help is not an admission of defeat. Your priorities and your goals matter, and they are worth fighting for.