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Thinking Differently

Factsheet



Thinking Differently



The new normal

COVID-19 has consumed us and changed our lives for months. A lot of us these days are looking for the light at the end of the tunnel. While many of us have found ways to continue and adapt to the changes, thinking and working differently is something that we'll all have to come to terms with.

As we slowly phase into the new normal, it's a good time for us to reflect on our earlier decisions. Is there anything we can do differently? such as not rushing to make illogical decisions or searching for information that only supports and validates our beliefs on the coronavirus.

Being aware of these thoughts, is the first step towards alleviating their effects. In times of crisis, our slow thinking can allow us to make better decisions and live differently.

A photograph of a woman with curly hair, wearing a light-colored shirt and a cardigan, sitting at a desk. She is holding a pen to her chin and looking thoughtfully to the side. On the desk in front of her are a glass of orange juice, a potted plant, and a pair of glasses. The entire image is overlaid with a semi-transparent green filter.

“Small changes can make a big difference.”

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Slow down to speed up

Slowing down to speed up sounds like a contradiction, but slowing down allows you to reduce stress and focus and be better prepared to meet life's challenges.



Sleep well

Do you go to bed late and wake up the next morning feeling exhausted? Encourage restful sleep by having an evening wind down routine to disconnect you from the busyness of your day. Try turning off the TV by 8pm, dimming the lights, running a bath, and reading. Using essential oils, playing some calming music, and getting to bed with lights out by 10.30pm will help you ease into a better slumber.



Start early

Set your alarm early, wash your face and spend some quiet time setting intentions and feeling grateful. The early morning hours before the rest of the world is awake, are some of the most peaceful hours in the day. Spend this time envisioning your goals, and connecting more deeply with your purpose.



Meditate more

Developing a practice of mindfulness meditation for at least 20 minutes each day will help you develop a greater level of self-awareness — both during your practice and in your daily life. Awareness is critical for getting out of your mind and into the present moment. Taking time to sit in stillness and silence each day connects you more deeply to who you truly are and what is important to you.



Embrace nature

Can you remember a time when you let yourself unplug and enjoyed time in nature? Time in nature, whether it is sitting on your patio, watching a sunset, or taking a stroll through a park, can do wonders for your energy and mindset. Find time each day to connect with nature in whatever way you are able, and begin to notice the calming effects it has on you.



Be active

Regular exercise is great for both body and mind. Getting the body moving increases circulation and does wonders for improving mood, spiking energy levels, and even combating many common health issues. Getting a solid movement routine into your day also demonstrates to yourself that you are worth investing in and that your mental, emotional, and physical health are extremely important.



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Mindset is everything

Your mind is a powerful thing. What you tell yourself and the things you believe about yourself can either prevent change from happening or allow you to learn, grow and thrive. Having a growth mindset (the belief that you're in control of your own ability, and can learn and improve) is the key to success.

Hard work, effort, and persistence are all important, but not as important as having that underlying belief that you are in control of your own destiny.

Growth mindset	Fixed mindset
I can learn anything I want	I am either good at it, or I am not
When I am frustrated, I persevere	When I am frustrated, I give up
I want to challenge myself	I do not like to be challenged
When I fail, I learn	When I fail, I am no good
Tell me I try hard	Tell me I am smart
If you succeed, I am inspired	If you succeed, I feel threatened
My effort and attitude determine everything	My abilities determine everything

“The secret of your future is hidden in your daily routine.”

The power of building positive habits

Good habits can apply to every aspect of your life such as healthy eating habits, healthy relationship habits, positive living habits, and positive mindful habits.

Nearly half of everything you do is decided by habits, so it's extremely important that they are strong and positive. If the habits you form have a negative impact on your mental health and physical wellbeing, you will be stuck in a vicious cycle, repeating these bad habits every day. Alternatively, if you incorporate good habits into your everyday routine, you will unconsciously be contributing to a positive mental wellbeing and a healthy physical state.

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The bright side

Although the coronavirus has a lot of dark sides, there is a bright side to COVID-19, not just during the crisis, but also after. It has shown us that we have the opportunity for the most valuable and sparse thing we have, more time. Take the opportunity to re-arrange how you spend your time and do not fill it immediately with other activities.

Reflect on the things you do, how you do them and why. Look at things we took for granted, like going to the gym and how for many of us working from home has changed our routine. This is a great opportunity to make changes and re-think both our habits and routines for the future.

The coronavirus might actually force you to make changes to your daily life, that you would quite like to keep in place after the crisis.

Further resources

Podcast

[Tiny Leaps Big Changes](#) 

Book

[Healing Your Heart – Tris Thorp](#) 

Article

[The Covid-19 changes that could last long-term](#) 



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