



## To our Total Brain Users:

The COVID-19 pandemic has impacted our mental health on multiple levels. Uncertainty is triggering the brain's fear network leading to increased stress and anxiety and reduce focus. On top of that, increased isolation as a result of new work from home policies, social distancing and widespread quarantines is hurting social connectivity and interfering with productivity.

While you can't control the source of the threat, you can monitor its impact and control the response that your brain and body has to it. Humans have a calm-flexible Vagus system that puts a break on the brain's Fight-Flight system, increasing decision making flexibility and strengthens the immune system. Simply being aware of how fear works and separating the subjective experience from the situation itself is a huge first step.

Here are a few practical tips to calm the mind and body:

**Breathe at 6 breaths per minute for 3 minutes** - Slow down your bodily responses to fear, increase your calm and boost your immune system. (Complementary Total Brain exercise: My Calm-Beat.)

**Spend a couple of minutes focusing on positive things** - Helps lessen the on-edge overreaction of fear networks to calm them down. Positive nudges are as contagious as negative fear. (Complementary Total Brain exercise: Buggletopia).

**Meditate and open awareness** - Switch off a cluttered mind and counter a negative fear attitude. Complementary Total Brain exercises: Short Meditation and Yogic Breath Meditation).

As you're preparing physically for the unexpected, remember to prepare yourself mentally as well. Take some time to yourself to focus on keeping your mental health and well-being in check.

Total Brain

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