

## Word Flex

The protein shake for your inbox

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Hi ,

Lockdown. Again.

Yep, I'm in Victoria and stuck at home for the next seven days.

Not that I mind being at home too much.

But I had plans this weekend. I was going to be social and meet with people, talk and eat food. You know, the stuff that fills our cup.

And I had deadlines today that didn't include managing three kids.

So if you're in Vic like me, here are my top tips for lockdown:

- Let your feelings come...and go. Whatever mood you find yourself in is okay, sit with it, cuddle it and then send it on its way. You don't need to be happy or miserable. Lockdown means different things for everyone.
- Go with the flow. I had a bunch of tasks on my to-do list for today. I got some done, others I ditched and some I pushed back. Especially if you have kids, allow your routine to adjust to suit each moment.
- Look after your health. It's tempting to hunker down with a bottle of your favourite alcohol, a tub of chocolate chip ice cream and two bags of chips. But your physical state affects your moods. Whip up some healthy treats that hit that sweet (or salty) spot but won't leave you feeling ick.
- Take breaks. Get up and move your body, walk around the garden, dance to your fridge, get out for your daily walk. It's easy to get stuck into work and realise you haven't gotten up for two hours. Being active fights off muscle aches, stiffness, headaches and low moods. Get that blood flow pumping.

Got a hot tip for getting through lockdown? Hit reply and let me know, I'd love to hear it.



## Tool of the week

Your mental health affects *every* aspect of your life. So looking after your mind needs to be one of your top priorities.

If your mind could do with a little assistance, check out [Headspace](#). It's a meditation app that helps people change the flow of their day.

I practice mindfulness daily.

When I'm in the shower.

Washing the dishes.

Worrying about an email.

It's a tool I rely on and it always comes through when I need it most.

I've worked with two mindset coaches, a psychologist, taken short courses about it and spent many hours reading up on the topic.

So if it seems unlikely that thinking about what you can see, feel, hear and smell will change your mental state, believe it.

Recently, I've started teaching it to my eldest daughter. She's been lucky to inherit my sudden overwhelm leads to panic trait - not.

I wasn't sure how she'd go with learning mindfulness.

One Sunday afternoon in our local pool when the world was crumbling on my nine-year-old's shoulders, I led her through a mindfulness exercise.

No one in the pool had a clue. But I watched my gorgeous girl go from rapid breathing, I-can't-do-it thinking to a calm but slightly upset state.

Mindfulness works.

Try it.

## Backlink Op

Forget about SEO for a week.

Don't stress if you miss posting on Instagram either.

Give yourself a breather when you need to. You'll be back fresh and ready to conquer the digital world soon enough.

(Saying this to myself as much as you.)

If you think you need some mental health support call [Beyond Blue](#) on [1300 22 4636](#) or [Lifeline](#) on 13 11 14.

It's okay to reach out when you're struggling. It's a brave step towards looking after yourself.

Take care,

Kara

*P.S. Want to see more from me? Head on over to my [Insta](#).*



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Not loving the flavour of my emails? Totally fine, just click below if you've had enough.

[Goodbye Word Flex](#)

