

How can we stay motivated and healthy during Covid19 pandemic?

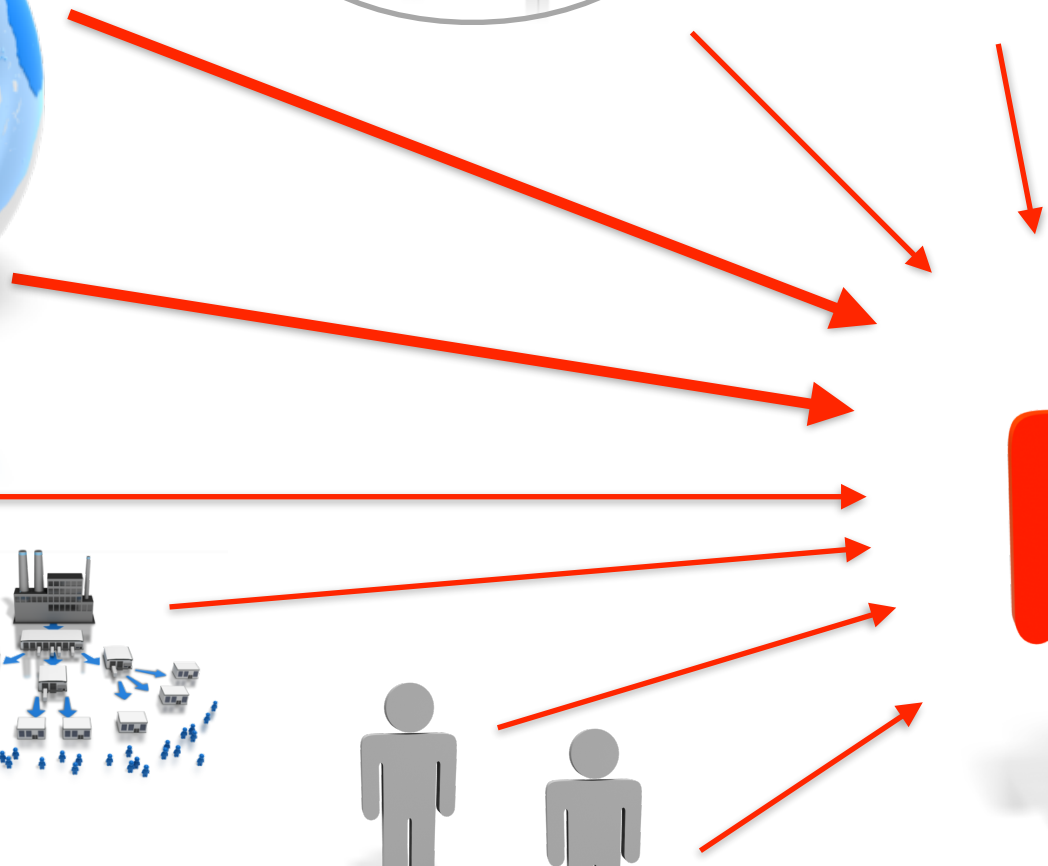
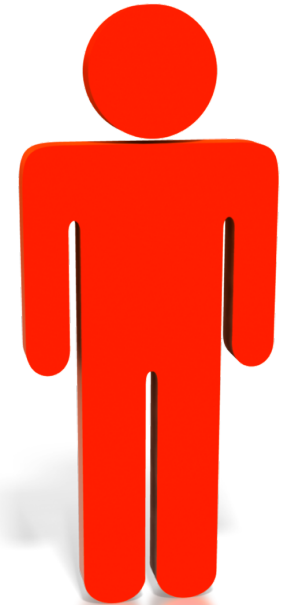
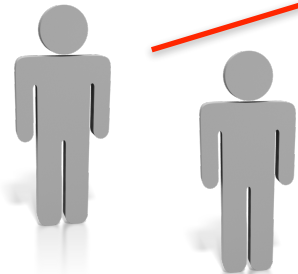
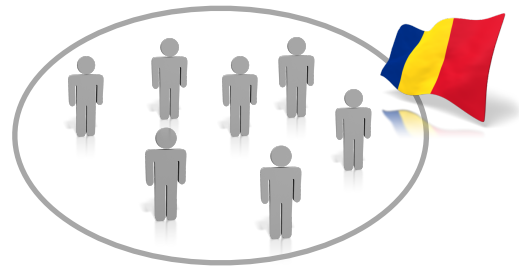


social
distancing



Gabriela Casineanu, MSc, MBA, ORSC

Outer World



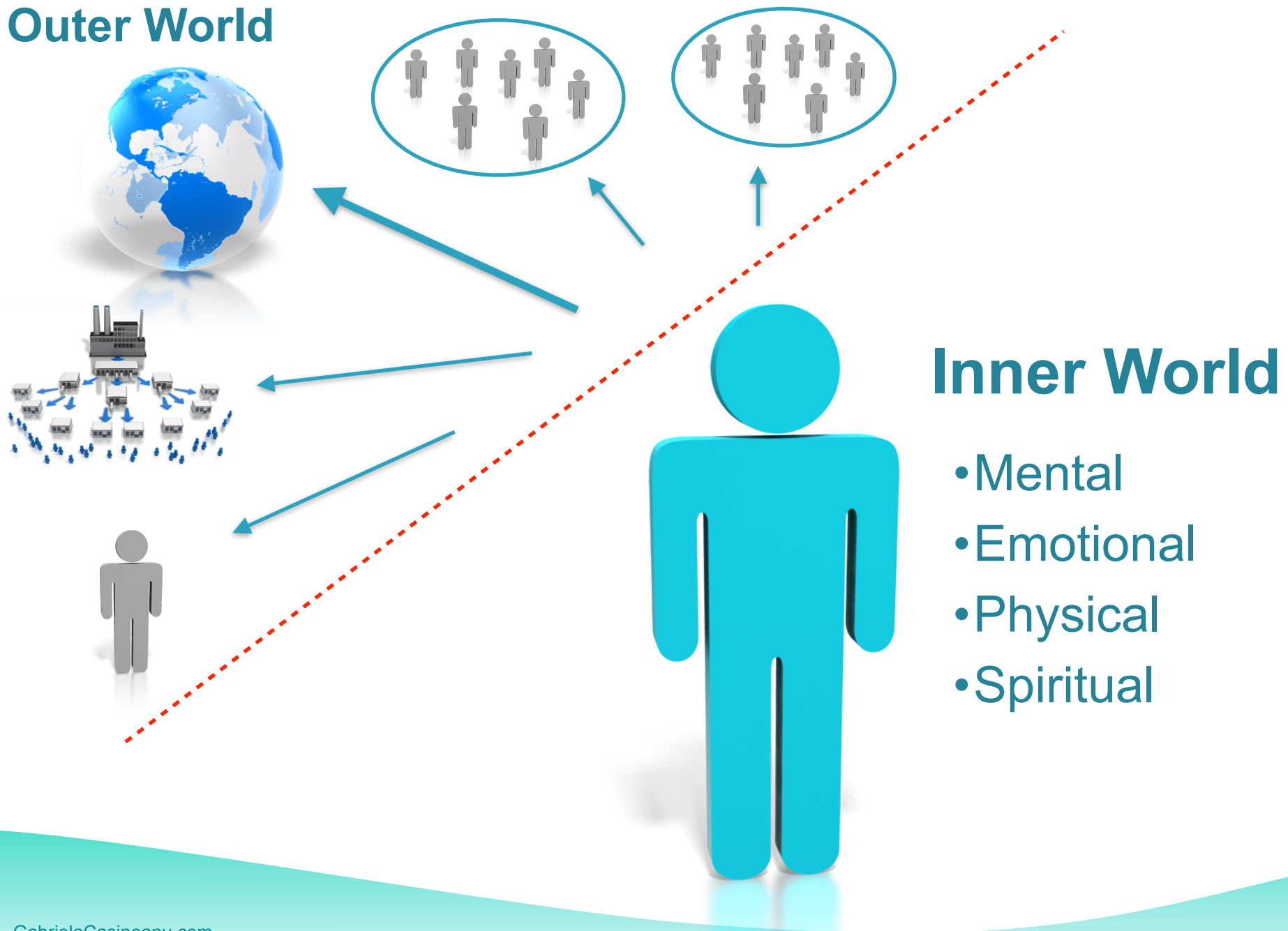


There are good things
happening in the world.
But if you focus only on
the negative ones, you
see only half of the picture.



Anonymous illustrator in late 19th century Germany.

Outer World

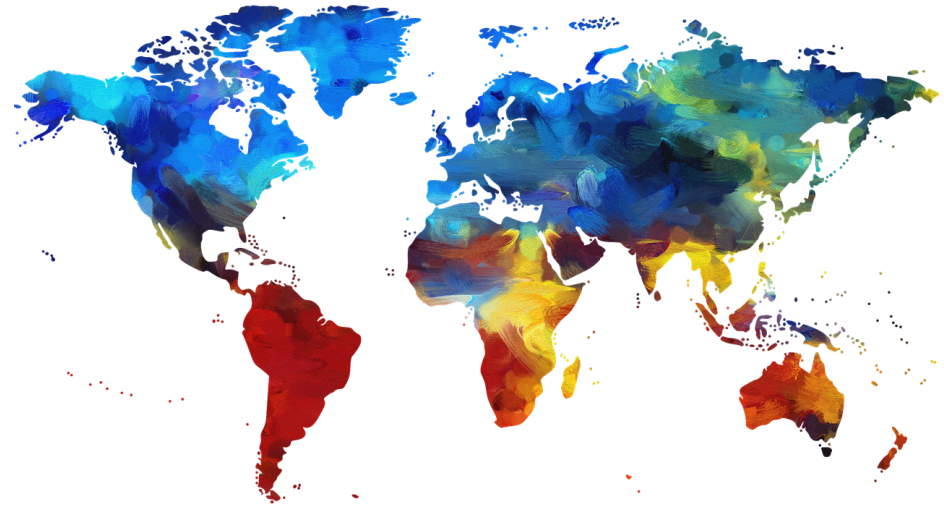


Inner World

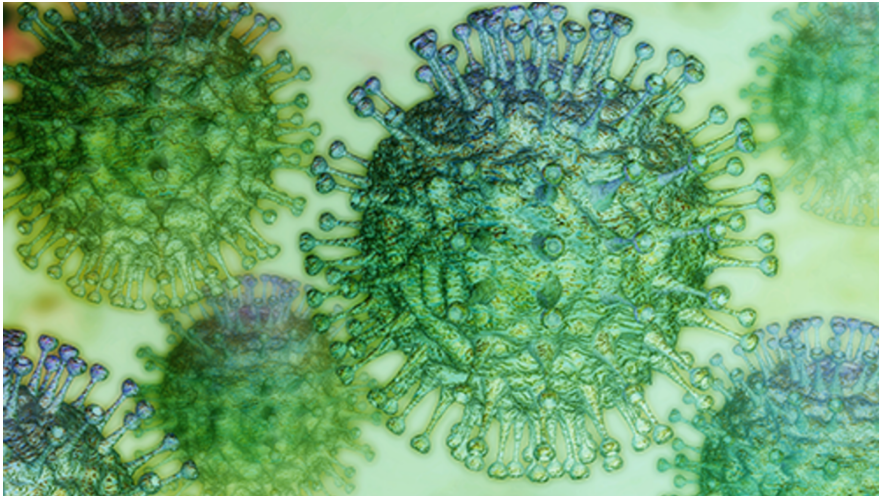
- Mental
- Emotional
- Physical
- Spiritual

These times call for a perspective shift from ...

- Outside > In: consuming information, news, goods...
to...
- Inside > Out: finding creative solutions, helping, identifying opportunities in the middle of the 'storm', expressing ourselves.



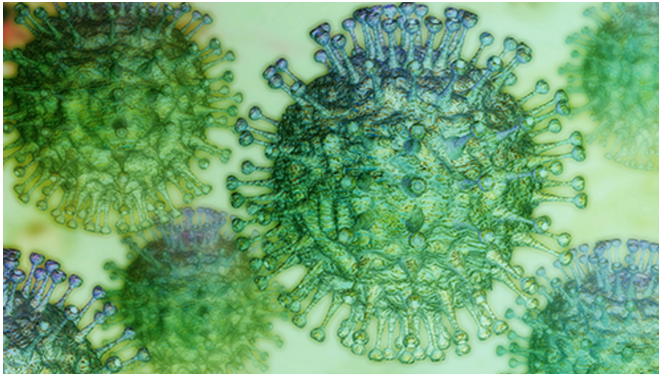
COVID-19



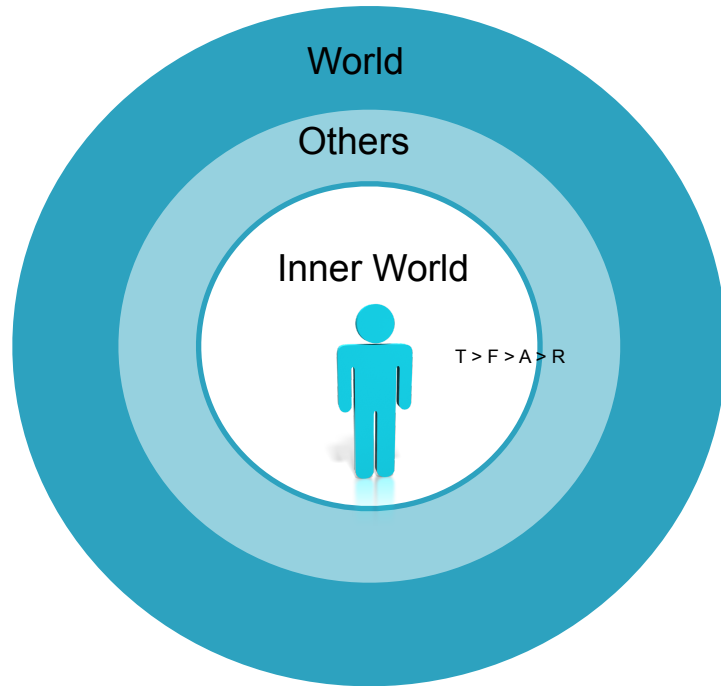
Thoughts > Feelings > **Actions** > Results

T-F-A-R Chain

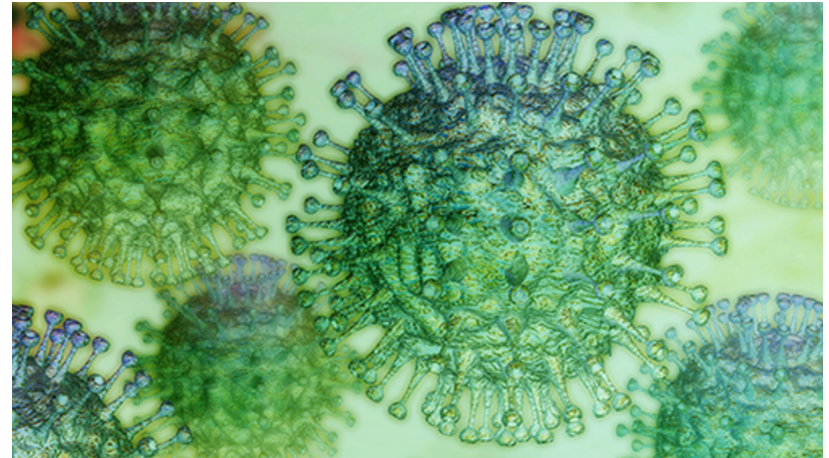
COVID-19 Pandemic



Sense of control?



COVID-19 Pandemic



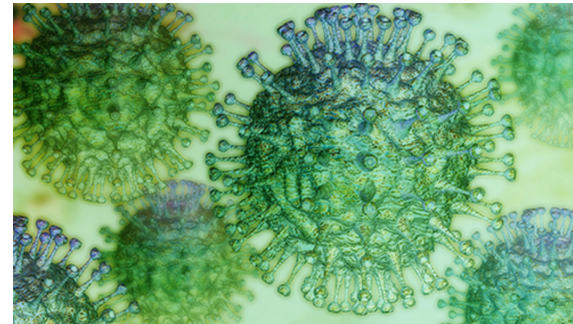
Fear is a choice!

- **Accept it > Stress > Affects Immunity System**
- **Do not accept > What CAN I do (differently) in this situation?**

Putting things in perspective

COVID-19 Pandemic

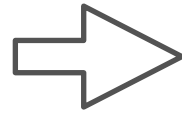
AGE	DEATH RATE all cases
80+ years old	14.8%
70-79 years old	8.0%
60-69 years old	3.6%
50-59 years old	1.3%
40-49 years old	0.4%
30-39 years old	0.2%
20-29 years old	0.2%
10-19 years old	0.2%
0-9 years old	no fatalities



PRE-EXISTING CONDITION	DEATH RATE all cases
Cardiovascular disease	10.5%
Diabetes	7.3%
Chronic respiratory disease	6.3%
Hypertension	6.0%
Cancer	5.6%
<i>no pre-existing conditions</i>	0.9%

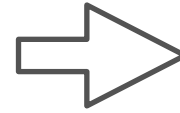
<https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

PAST

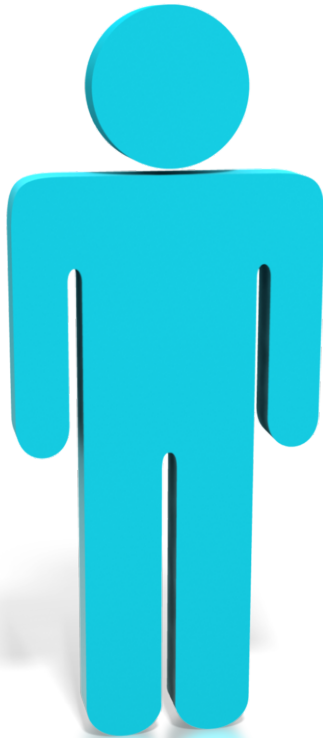


NOW

COVID-19 Pandemic



FUTURE



Learn from the past:

- What helped you overcome difficult moments in the past? (reactive vs Proactive)
- What helped you become more resilient in time? (comfort zone)
- What aspects of your health are not at the best and you can work on?
- What brings you joy?
- What causes do you care about?
- What would you like to change?

Be specific!

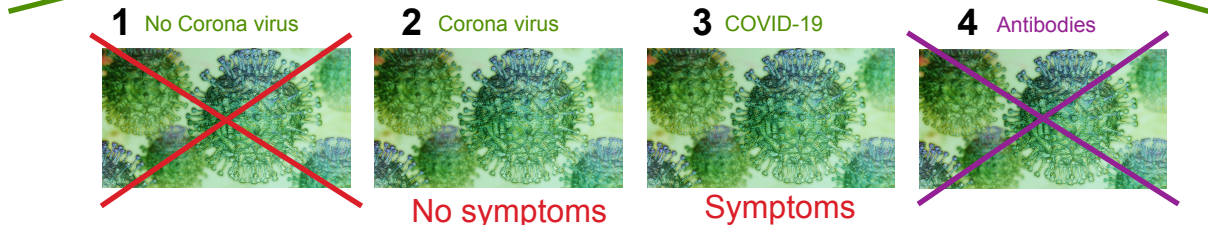
Inner World

- Mental (thoughts)
- Emotional
- Physical (body, actions)
- Spiritual (intuition, purpose)

Outer World

- “Filters”
- System view (systems, subsystems)
- Relationships
- Time inner/ outer

PAST → **NOW** → FUTURE
 COVID-19 Pandemic

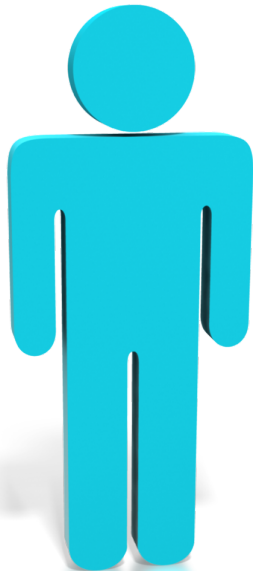


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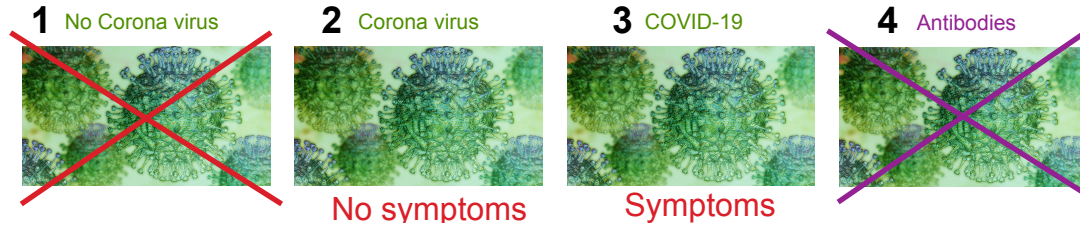
- “Filters”
- System view
- Relationships
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1. No Corona Virus

- Proactive vs Reactive
- Put things in perspective > Reframe; Actively look for good news
- Reassess your life values
- Focus on what you can do (instead of what you can't):
 - Social distancing, washing hands, ...
 - Apply what you learned from the past
 - Work on improving your health > boost Immunity System
 - Propolis, Royal Jelly, Cod Liver Oil, onion, water (15 min.)...
 - Healthy food habits
 - Exercise (dance, yoga, walking, stretching,...)
 - Fresh air, sunlight
 - Learn deep breathing
 - Zoom-in < - > Zoom out (system view, system thinking)
 - Learn about the COVID-19 > How to protect yourself (e.g. air transmission)
- Be strategic: What can I do now that will help me in the future?
- Reconnect with your intuition (ideas)
- Sense of purpose: What am I called to do now?
- Take conscious actions

PAST  **NOW**  FUTURE
 COVID-19 Pandemic

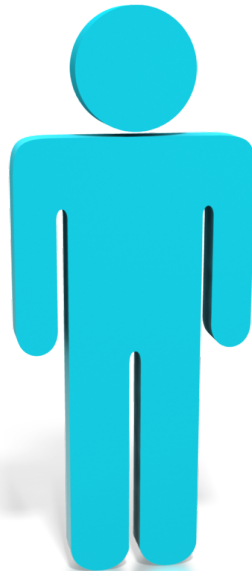


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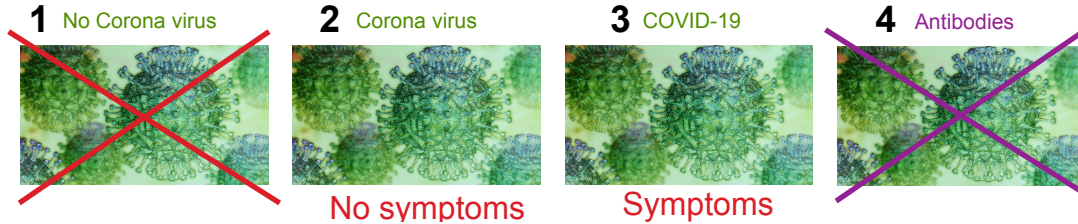


2. If... Corona Virus but no symptoms

Continue what you started phase 1:

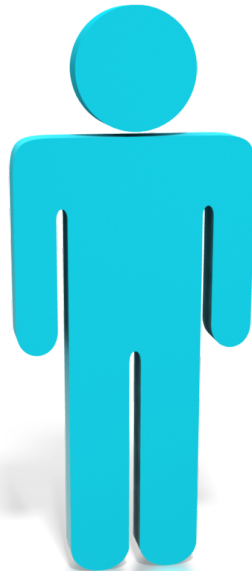
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PAST  **NOW**  FUTURE
 COVID-19 Pandemic



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Outer World

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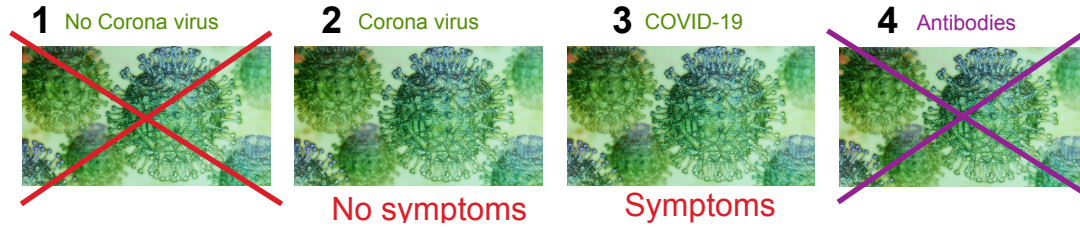
3. If... Corona Virus > develop symptoms

- Seek medical advice
- Social isolation/ Quarantine
- Practice deep breathing
- Pay attention: what can I learn from being in this situation (can be applied in the future)

Continue (if possible):

- Proactive vs Reactive
- Put things in perspective > Reframe; Actively look for good news
- Focus on what you can do (instead of what you can't):
 - Washing hands, ...
 - Apply what you learned from the past
 - Work on improving your health > boost Immunity System
 - Natural remedies
 - Healthy food habits
 - Can you exercise?
 - Fresh air, sunlight
 - Zoom-in < - > Zoom out (system view, system thinking)
- Be strategic: What can I do now that will help me in the future?
- Reconnect with your intuition (ideas)
- Sense of purpose > What am I called to do now?
- Take conscious actions

PAST → **NOW** → FUTURE
COVID-19 Pandemic

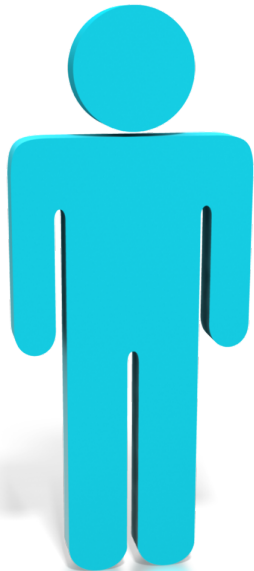


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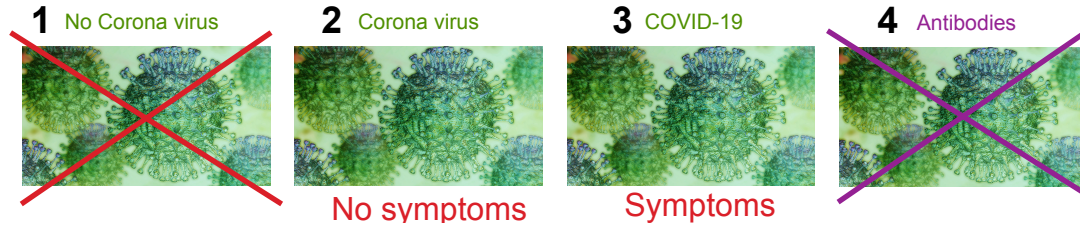
- “Filters”
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4. If... Corona Virus > Developed symptoms > Recovered

- Congratulate yourself!
 - Take time to **learn** from this **experience**:
 - What **insights** about your life and values did you get?
 - What you would **do differently** or new from now on?
 - **Continue** with what you did in phase 1
 - Build **new habits** that align more with your (new) **values** and **strategic objectives*** (both personal & professional life)
- *something that resonates with you

PAST → NOW → FUTURE
COVID-19 Pandemic

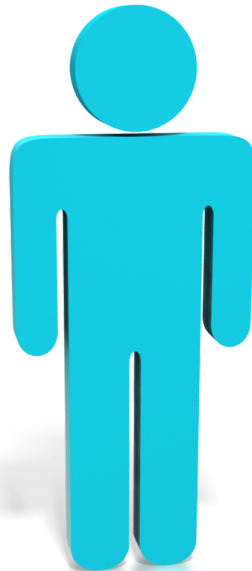


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The future starts today!

- What can you do during this pandemic that could build a **solid base** for your future?
- **Learn** from what **you & the world** experience right now:
 - How that could influence your future decisions?
- What **thought patterns** and **new habits** can you build that **align** more with your (new) values & the future you envision (yourself, others)
- Do a strategic session with yourself to (re)define you objectives* (both personal & professional life)

*something that resonates with you

Both negative and positive thought patterns/ habits are formed by repeating the same thoughts/ actions over and over.

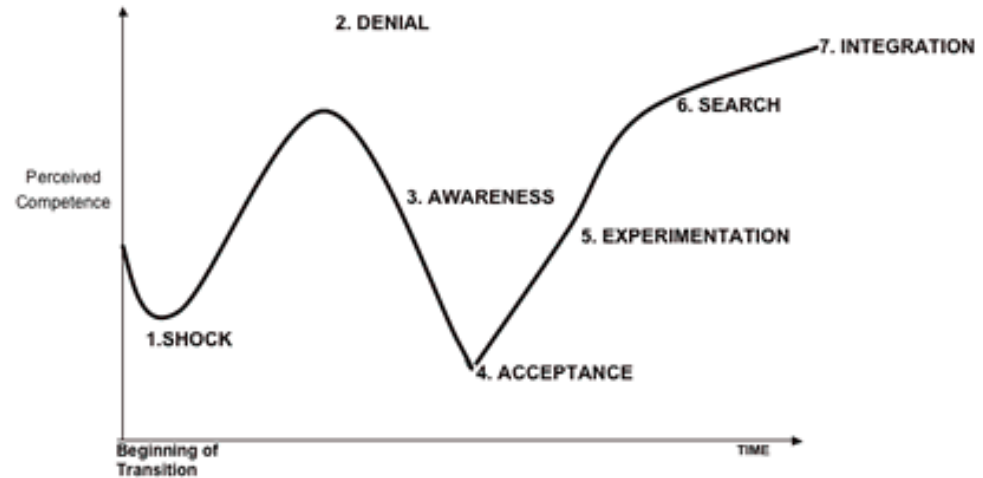
What thoughts/ actions do you keep repeating during this COVID-19 crisis that you don't want to become new negative thought patterns/ habits?



GabrielaCasineanu.com

THE TRANSITION CURVE

A Cycle of Change for People and Businesses



Recognize that is a process!

Q: How can I focus now, when I don't have deadlines?

- Put things in **perspective**: Distance yourself > Find balance positive vs. negative news
- **Recognize Transition Curve**: Distance > Relax > Aware > Accept > Experiment > Search > Integrate
- Reconnect with **long-term goal** > Strategize: **current conditions, priorities shift?** > Action plan (set deadlines)
- Take baby steps > Be gentle with yourself if you don't have 100% focus. **Progress is better than perfection!**

Introverts represent 48.1%



Extroverts

- Energy (interacting)
- **Confrontation**
- Focus on what is
- **Talk about they do**
- Interacting with people
- **Outwardly motivated**
- Verbal communication



- Be specific
- Curious
- Reframe

Introverts

- Energy (alone, nature)
- **Collaboration**
- Focus on what could be
- **Talk about meaningful things**
- 1-on-1/ work independently
- **Inwardly motivated**
- Non-verbal communication



Good news • Funny • Perspectives

- Doctors dancing: <https://www.instagram.com/p/B93GjB-hdgp/>
- Jason “Tik Tok Doc” Campbell account (and why): <https://youtu.be/ru0K8uYEZWw>
- Music “Can’t stop the feeling”: <https://youtu.be/ru0K8uYEZWw>
- Good news (follow):
Instagram accounts: https://www.instagram.com/goodnews_movement/
<https://www.instagram.com/somegoodnews/>
- Quarantined Italians are singing their hearts out
<https://www.vox.com/culture/2020/3/13/21179293/coronavirus-italy-covid19-music-balconies-sing>
- More French COVID-19 patients flown to Germany and Switzerland
<https://www.euronews.com/2020/03/28/eight-covid-19-patients-flown-from-france-and-italy-to-german-hospitals>
- How our responses to climate change and the coronavirus are linked
<https://www.weforum.org/agenda/2020/04/climate-change-coronavirus-linked/>
- COVID-19 crisis tells world what Indigenous Peoples have been saying for thousands of years
<https://www.nationalobserver.com/2020/03/24/news/covid-19-crisis-tells-world-what-indigenous-peoples-have-been-saying-thousands-years>
- Arundhati Roy: ‘The pandemic is a portal’
<https://www.ft.com/content/10d8f5e8-74eb-11ea-95fe-fcd274e920ca>

It’s ok to laugh > Releases stress

THANK YOU



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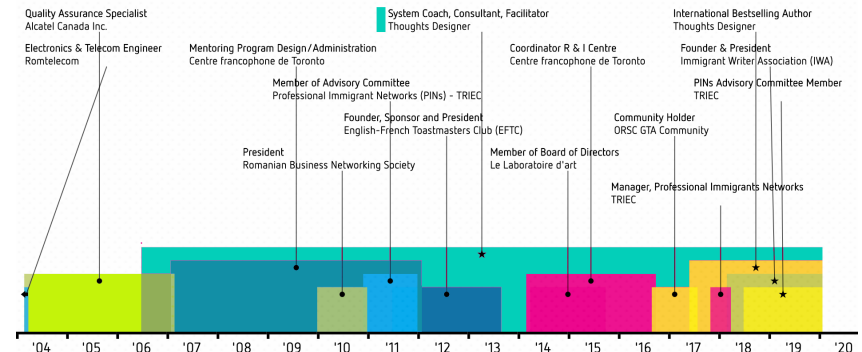
Photo-Coaching (En, Fr, Ro)

Job Search

Listed in Amazon US Prime Program

amazon.com

NEW



How can we stay motivated and healthy during Covid19 pandemic?

social
distancing

Q & A



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