Laugho´s virus diary 6

Hello everybody again on this sunny, chilly Thursday. At first I just want to thank all the parents and coaches for the encouraging, supporting phone talks yesterday. I know that you all give your best and it´s really a demanding, stressy situation. So please all pupils try to listen and support your parents or coaches – it´s not easy for them either.

Try to get a structure in your daily routine. Of course you can get up later but then plan some time for school – you can choose what you want to do – or what is missing – and after some time of working ( individual – about an hour ) make a break. Don´t forget to drink some water and maybe you need a little snack and some short sport or brain exercises can also help to get ready for the next period of learning. For English it would be perfect if you start writing your own diary – just some sentences about your day. Believe me, this also helps to think a little bit about your life and it clears your thoughts. Just try it out.

Due to this awfully, horrible, frightening situation I want to put the focus on MENTAL HEALTH today. We all have stress sometimes – at school, at work, with friends or other people but this way of stress is new for all of us, because this cruel virus can´t be seen or heard or felt – but it is here and when we watch the news we see what he does.

There exist two different sorts of stress – the eustress ( positive stress ) which we feel when we are excited because of nice things or before competitions – and there is the distress ( negative stress ) which really threatens us. Now in this situation a lot of people have permanent distress and that´s absolutely bad for our immune system and health. Therefore it is good to learn some strategies to calm down and relax . Let´s start with some breathing exercises .

* Try to find a place where you feel fine and sit or lie down – let your thoughts flow –put your hands on your tummy - then breathe in deeply in your tummy ( count silently, slowly to 5 ) – then hold your breath ( to 5 again ) – then breathe out ( to 5 again ) – then wait (to 5 again ) and start again …… do it for some times
* Sit or lie down – try to calm down – let your thoughts come and go – then breathe in deeply in your tummy and count to 4 and then breathe out and count to 8 and this you do for some times
* Sit or lie down – let your thoughts flow – close your eyes – close one nostril with a finger – then breathe in deeply through the other nostril – and then close the other nostril and breathe out – then always change and go on

Breathing exercises always help us to control stressy situations and to calm down and lower our heart rate. Here are some more advices and tips

* Daydreaming – close your eyes and think about something nice and just let your imagination flow – and in your dreams you do everything – imagination is soo powerful
* Just sit down at a place you like and watch the things around you closely – put your attention on the small things and especially on the details and you will spot out so many things, you´ve never recognized before
* Do a listening exercise – it´s perfect in the garden or in the woods – find a place you like - close your eyes – just listen to all the noises that will come and go around you – find out what it is
* Listen to some relaxing music ( no Heavy Metal, Hard Rock,….) and let your thoughts run

It is soo important for our brain to have time for relaxing, chilling – just doing nothing – it´s a reset to normal for our brain. That is why you should take some time for such exercises daily – tell your parents to do this the same. Mental health is the same important than physical health – because our body and brain is one big thing. And in this challenging time we have to be extremely aware not to lose our balance. Have a wonderful day maybe trying out some of the given exercises.

Okay – enough for today - stay healthy and fit – that´s it

Yours Lacho☺