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How would you cope with self-isolation?

I was talking with a good friend yesterday who has just come out of two weeks in self-isolation and he said how wonderful he felt! He attended a conference in the US and his company told him to work from home for 2 weeks when he arrived back into NZ.

Although he said that he did as much work as normal, my friend said that after two weeks working from home, he felt so much more relaxed and happy and is sleeping so much better now. He said how peaceful and stress free his life had become and because of that he was able to achieve more in less time.

If you think about it, self-isolation for us would be quite similar to the way many of our great grandparents lived their lives. Time to think and get everything sorted plus limited face to face contact with others. The only major difference would be that our great grand parents didn't have an obsession staying plugged into the digital world and checking their phones every 5 seconds!

What would life be like if we were **totally** isolated, no contact with others plus we didn't have the constant demands of the digital world to contend with? I think most of us would get a bit stir crazy after a couple of hours but I expect we would all benefit from the peace and quiet and the feelings of relaxation that came with it. Now I'm not stupid enough to advocate both physical and digital isolation for everyone! On the positive side it would really help us unwind and find our balance but I don't think the government or your boss is going to pay for you to do that! I do however think that self-isolation isn't as negative as some people suggest it might be.

I read an article last week that estimated that more than 60% of us are suffering from anxiety right now as we try to deal with this difficult situation and the huge changes being thrown at us. NZ's depression and suicide rates have been going through the roof in recent years and I'm concerned how bad these problems might get with the additional stress we are all experiencing. With all this extra stress around maybe the people who **don't** go into self-isolation are going to be the ones that suffer the most!

If you're feeling anxious about the current situation and your anxiety is starting to affect your relationships, your work or your health, then it's time to do something about it **right now**. Many believe that things are going to get worse before they get better so if your stress and anxiety are bad now, then watch out!

Over the last 5 or 6 years I've taught hundreds of people to use mindfulness practices to reduce their stress. People of different ages, different belief systems, different backgrounds, it doesn't seem to matter who we are, mindfulness works for everyone. I know it's a strong claim to make but the truth is:

Every person who has become committed to the simple practices that I've taught them, has found the relief, peace and happiness they were searching for.

So if you're looking for a no-nonsense, science based solution to reducing your anxiety and creating better well-being, have a look at my website or give me a call. Confidentiality assured.

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