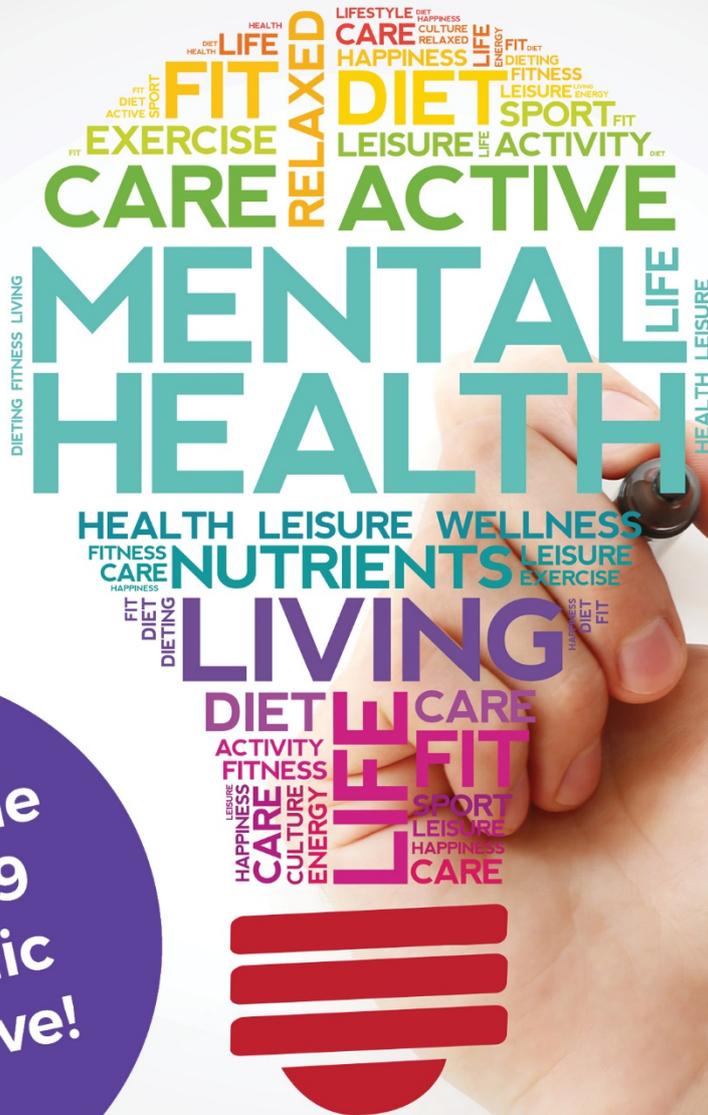


Show Up!

Boost Your Mental Health



Survive the
COVID-19
pandemic
and thrive!

Prepare to build skills and techniques to create an integrated body and mind with robust mental health capabilities

Boost your mental health and survive the COVID-19 pandemic



Build the skills and techniques you need to create an integrated body and mind with robust mental-health capabilities.

“In times of life crisis, whether wild fires or smouldering stress, the first thing I do is go back to basics... am I eating right, am I getting enough sleep, am I getting some physical and mental exercise every day?”

- Edward Albert

Coronavirus has thrown our lives, businesses and futures into uncertainty. We’re being forced to social distance and even self-isolate to stop the virus’s spread. No wonder people are fearful, drained and anxious.

The good news is, you *can* go from feeling exhausted to feeling grounded, productive, joyous and energised! And when your body and mind are grounded, you will achieve clarity and inner confidence that will amplify your energy like never before.

Are you ready to ride out COVID-19 and launch into a new way of life as a mentally robust trailblazer?

“Show Up” and Lead Through Times of Change



To Show Up during times of change is challenging. We must balance and integrate the emotional, physical and mental components of who we are.

As we manoeuvre through the COVID-19 pandemic, men and women from all walks of life must take personal responsibility for their mental and physical wellbeing. This is the time to go deep within, to shed the layers that hold us back and be ready to reveal a new expression of ourselves when the pandemic is over and the “new world” is upon us.

Our lives have changed forever as a result of this virus. The current mental health statistics are daunting:

- [20% of Australians](#) aged between 16 – 85 years will experience a mental illness in any given year (approximately 4 million people).
- The most common mental disorders are depression, anxiety and substance abuse disorders.
- Almost 45% of Australians will experience a mental illness in their lifetime.
- At least 6 Australians die from suicide every day, and a further 30 people will attempt to take their life.
- Suicide is the leading cause of death for Australians aged 25 – 44 years.
- Men are at greater of suicide but least likely to seek help.
- 1:7 Australians will experience depression in their lifetime.
- WHO estimates that depression will be the number-one health concern by 2030.
- 15% of adults aged 60+ years have a mental disorder.

This period of imposed self-isolation is a time for us to slow down, re-focus, re-energise and re-invent. We are being forced to change our ways of thinking. This may seem scary, but it’s also a wonderful opportunity. It’s time to go back to the basics, to a more simple way of life where gratitude, acceptance and kindness are essential.

The Five Challenges



The five key issues that demand us to prepare for this “new world” are:

1. Feeling sad, stressed, anxious and angry

We’re struggling to compete and survive in an incredibly fast-paced world. With so many competing priorities, many people are in a constant state of flux of overwhelm. For some, taking pharmaceuticals to get through the day is the norm. This further compounds their health and productivity, as the side effects kick in and add another dimension to the struggle. These feelings can cause dissociation and disconnection from people, work and even the self.

2. Mental and physical health issues

Living in this constant state of flux is unsustainable. Something “will give” and burnout will creep in. Stress is a major contributor to burnout, causing anxiety, depression and poor sleep. In turn, this leads to unhealthy food choices, hormonal imbalance, weight gain, hair loss and personality changes. As these things start creeping into your life, they impact your ability to function and, at times, you may even struggle to get out of bed in the morning.



3. Faced with long periods of self-isolation

As a result of COVID-19, families are being forced to spend an indefinite period living under the same roof 24/7. Parents are homeschooling their children, the government has forbidden social outings and gatherings, and state borders have closed, with no non-essential travel allowed. People who live on their own are even more socially isolated. This is an unusual way of life that will take time to adjust to.

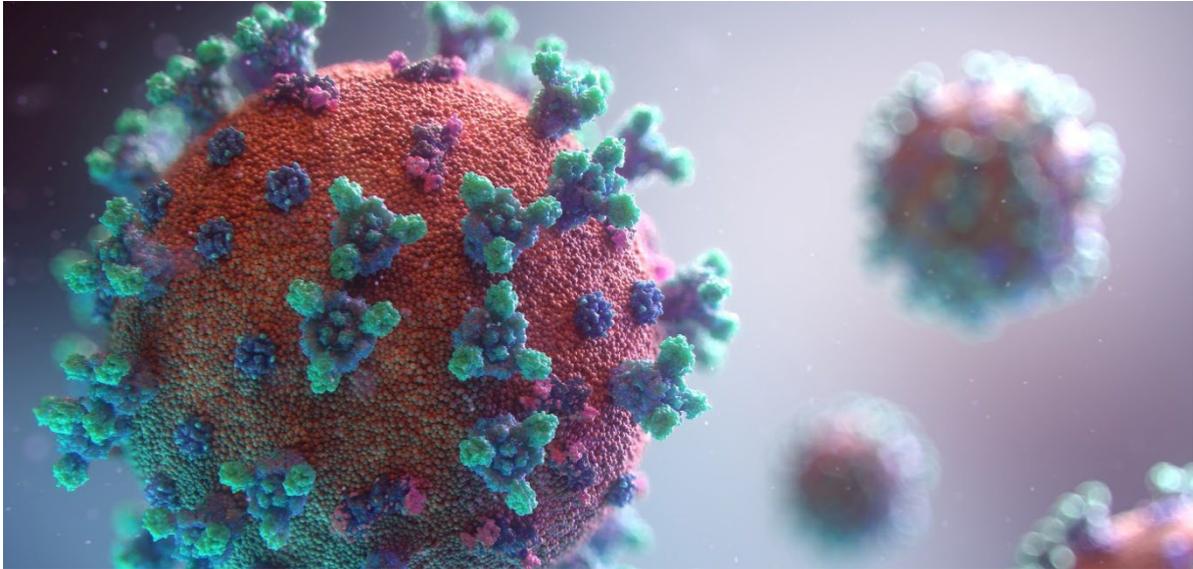
4. Fear

COVID-19 is changing the rules every day. So much is unknown, and this makes people fearful. Currently, there is no known cure for coronavirus. We don't know how many people will fall ill. We don't know how many people will die. Add to this people's fears about job losses, potential financial ruin, and restrictions on travel, business and life, we no longer have any certainty and feel we have no control.

5. Mindset shift

All these changes require a sharp shift in our mindset – and quickly. This is difficult when people are so fearful. Already, almost 50% of Australians suffer a mental health issue at some point within their working life. Some people will seek help and rise to the challenge, supported by friends, family and professionals. Being proactive will ease the pain and create a momentous mental shift, but continuing to resist change creates further disease within the body and mind. The struggle will become a lot worse.

What is COVID-19?



[COVID-19](#) is a respiratory illness caused by a new virus that has been transferred from animals to humans. The virus was first identified in December 2019 in Wuhan City, China. Symptoms include fever, coughing, sore throat and shortness of breath. Symptoms can be mild or severe.

The most vulnerable are the elderly, the very young, and people with chronic medical conditions, including lung and heart disease. The virus can spread from person to person, droplet transmission, and touching objects with droplets on them, then touching your face. Good hygiene and social distancing can prevent infection.

Self-isolation



[Self-isolation](#) means staying at home and avoiding close contact with other humans. This prevents the spread of the virus. This situation is generally required for 14 days; however, the Australian government has mandated social distancing to try to reduce the rate of transmission.

The problem with social isolation is that it can make us more fearful, distant, agoraphobic, anxious, depressed, lonely and more. Being in constant close proximity with family members can also be stressful. Tension can rise and arguments can ensue.

At all times, though, we must remember to practise good hand hygiene.

The Five Fears of COVID-19



1. Personal and environmental

With parents facing school closures, more and more children are being homeschooled. This is yet another “hat” for parents to wear as they juggle working from home, managing the home and the changing dynamics. Some parents work in essential roles, such as the emergency services. These front-line roles can increase stress, fatigue and fear. The compounding effects of massive changes, a lack of control and managing children are frightening and exhausting.

As roles within the family change, we need to set new boundaries in the home. We also need to focus on effective self-care practices and support each other so we can improve our coping strategies.

2. Social isolation

Social isolation is a new concept for most of us. Not having control over where we can go and when is very confronting. Borders have closed, overseas travel is prohibited, and interstate travel has almost halted. The government has advised people to stay at home to prevent the spread of COVID-19. This means no family gatherings, no social functions, no sporting events, restricted shopping ... the list goes on. This situation will take time for us to adjust to. Some people may even suffer claustrophobia or agoraphobia as a result.

3. Impacts on mental health

For people already suffering a mental health condition, their symptoms can exacerbate. People who already tend to be fearful and struggle to stay positive are more likely to experience anxiety, depression, insomnia, irregular eating patterns, weight loss or gain, digestive disturbances, and headaches. All these can lead to more serious mental health conditions if left untreated.

4. Financial devastation

By the end of March 2020, more than 1 million people have lost their jobs due to the COVID-19 pandemic. Many more job losses will follow. The stock markets remain volatile, people’s superannuation funds are depleted, and many people can’t afford to pay their rents, mortgages and daily living bills. Unemployment and social benefits are a reality for many people – for some, for the first time in their lives. The longer COVID-19 causes havoc, the greater the financial burden will be.

5. Contracting coronavirus

So many factors can impact our immune system, causing it to weaken and be less efficient in fighting the virus. Now more than ever, it is critical to support your body with healthy, nutritious foods and clean water. Remove all artificial preservatives and colourings from your diet and avoid junk foods.



Keep the body moving with some form of exercise, try to get some fresh air and sunshine, maintain a positive outlook on life, meditate, pray, and practise mindfulness and gratitude.

Five Steps to Boost Your Mental Health

	ACTIVITY	FOCUS	ENERGY %
5	VIBRANCY	PURPOSE	100%
4	PROACTIVE	HABITS	75%
3	STRATEGY	BELIEF	25%
2	BURNOUT	SELF-CARE	0
1	DEBILITATION	SURVIVAL	-5%

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Showing Up is like being that beacon of light. You provide hope and inspiration to all, showing the way for others who need support.

The winners will rise to new heights once the COVID-19 virus has been exhausted. A new way of life will be born, and having robust mental health will be critical, creating a mindset shift where you can re-focus, re-energise and re-invent.

Take control

We all have a personal and civic duty to do what we can to help ourselves and others. By nurturing our body and mind, we may realise that things that were not important to us before are relevant and important now.

This “new world” requires us to strengthen and support our mental health by tuning into our intuition. We need to listen to our inner wisdom, to the thoughts and feelings in our head, heart and gut.

Increasing our awareness and intuition will be the magic that helps us understand and take control of our new way of living. It will enable us to reset our values and focus on what is important as we move forward.

The Building Blocks to Boost Your Mental Health

1. Mental

The mind is the control centre. It is the doing part, the logical part that drives the body. Moving into our new expression requires the mind centre to connect with the heart centre. That means the heart (being) and the mind (doing) balance and integrate in a gentle, functional way, allowing us to operate with an open heart that is more giving and understanding, without ego and judgement.



2. Physical

During this time of COVID-19, the physical health of the body must be a priority. We must support, strengthen and heal the body by creating space and quiet time for meditation and contemplation. Ingest good-quality nutrition free from preservatives and added chemicals. Move the body in a way that assists the detoxifying process.

3. Emotional

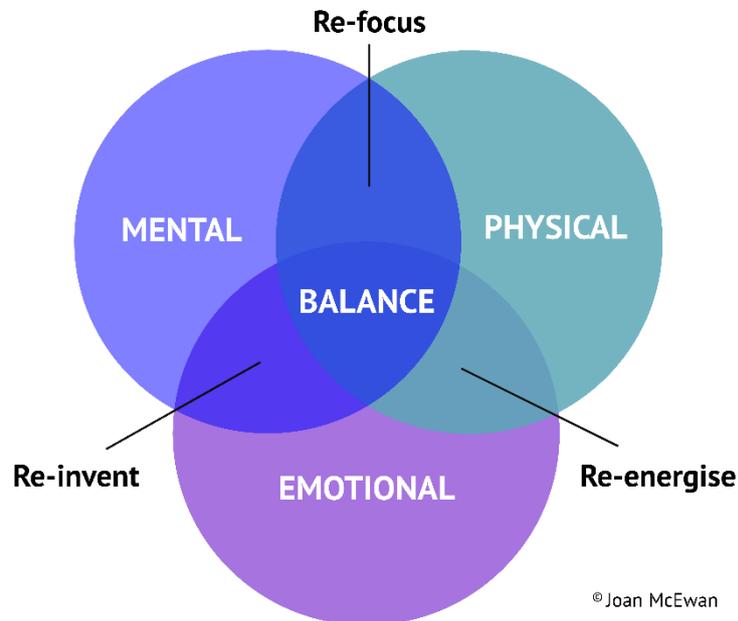
Our emotions trigger the actions we need to address before our body becomes aware of them. The more present we become with our feelings, the more effective we will be at understanding the messages coming from them. When we address our emotions, we heal the mind and release our fears around our mental health.

How Do We Get There?

This process combines the three major elements to achieve a rebalancing and regeneration within the body and mind.

The three intersections of re-focus, re-energise and re-invent rewrite the scripts within our body and mind to help us operate in the “new world”. Combined, they equip us with the skills and tools we need to strengthen our mental health.

The Three Intersections



The three intersections are foundational anchor points that balance our mental, physical and emotional bodies.

1. Re-focus

As a collective, we need to forget all we know, re-evaluate and put strategies in place that will create a flexible, viable platform to stretch current ways of thinking and open up a new thought process. This will embed your vision with unwavering certainty.

2. Re-energise

The space we have now to heal, rest and strengthen ourselves must be used wisely. Take solace in this time of slowness and quiet to go within and rest the soul. This will allow you to declutter and create expansion for the mind to explore new ways of being.

3. Re-invent

This is where we plant our vision of the future – a vision that serves with compassion and love on an equal playing field; a classless society where values and standards are universal and serve the people.

Managing Your Mental Capacity

Managing your mental capacity requires discipline to still the mind, to go into a space where it is quiet, and you do not need to control your thoughts. Trust in the present moment and know that this is where you can make a difference in your life.

1. Practise being present every day.
2. Practise 100% commitment to being present every day. The task is non-negotiable.
3. Be truly aligned with your purpose and have an unquenchable desire to strengthen your mental health.

Managing Your Physical Capacity

Your physical capacity is about the strength of your cells and organs within the body. Nutrients must get into your cells to provide the energy required to heal and repair.

The more you understand the limitations of your physical body, the more you will:

1. Align your body and mind fluidly.
2. Hear the signals of when your physical body needs support. In turn, you will become more proactive in preventing disease.
3. Hold the genuine belief that by nurturing your physical body, you will make a difference not only to yourself but to the collective family.

Managing Your Emotional Capacity

Allowing your emotional body to flow easily through the mental and physical bodies enables the uptake of chemical messengers. The whole system will become more balanced, efficient and sustainable, reducing opportunities for mental-health issues to arise. As your emotional body strengthens and develops, energy is amplified and intuition heightened.

This balance must be kept in perspective and managed, so there is equilibrium and harmony with the final outcomes.

Next Steps

Mental health is a key contributor to poor health. This period of COVID-19 is allowing us some downtime to address these concerns and resolve them. We must take this time to slow down and heal.

Are you ready?

1. The first step is to commit to a 21-day program to be kind to yourself and others while offloading emotions, thoughts and toxins that no longer serve you.
2. Show up every morning to participate in the program and set your boundaries and values.
3. Allow yourself to explore where you are currently at and identify key drivers you require to strengthen your mental and physical health.
4. Are you ready to prepare and develop for a “new world” and unleash your untapped potential?

Agencies that can help:

- Lifeline Australia will continue to operate 24 hours a day, seven days a week. Call 13 11 14.
- Lifeline Text will continue to operate 6pm – midnight (AEDT), seven nights a week. Text 0477 131 114.
- Lifeline Crisis Support Chat will continue to operate 7pm – midnight (AEDT), seven nights a week. Visit www.lifeline.org.au/get-help/online-services/crisis-chat.
- Kids Helpline is available for children who need support. Call 1800 55 1800 or visit kidshelpline.com.au.
- Beyond Blue is available on 1300 22 4636 or visit beyondblue.org.au.

About The Author

Joan McEwan helps her clients “Show UP” in their leadership, mental and physical health and wellbeing. Her experience as an executive in the mining, energy and health sectors has served her well in her corporate and operational career. She is a highly regarded executive female leader, author, mentor, trainer and facilitator.

Starting her career as a registered nurse and specialising in mental health for her postgraduate degree, Joan went on to lead the workplace health functions of some of Australia’s leading organisations in the mining and resources sectors. Using conventional and energetic tools, she guides her clients to “Show UP” every day to become balanced and “in tune” by amplifying their energy. She teaches her audiences to develop their intuition and lead with both heart and mind, transforming clients into a new paradigm of heartfelt leadership.

Joan is the author of *Show UP* – a leadership book about how to lead through times of change and embrace a new paradigm of female leadership. She inspires her audiences to live and lead with courage, pure grit, determination, awareness and an acceptance of themselves to go the extra distance. Her programs are tailored to meet the needs of the individual personally and professionally. Joan’s background serves her audience well by integrating the mind and body connection with a strong focus on mental health and wellbeing.

You have the power to create your inspirational journey. Joan will show you how you can make a lasting impact and leave a legacy for future generations.

To find out how Joan can help your leaders and teams, email joan@joanmcewan.com or call 0437 383 734.



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