

**PatTEDmakers Talk: Monday 7th September 2020**  
**Notes from Jessica Warren of [MindUnlocked.co](http://MindUnlocked.co)**



**Introduction:**

Connections that boost our well-being are important, especially during these uncertain/potentially stressful times:

**Connecting to others**

- Close personal connections found to be key for our happiness and longevity throughout life.
- Ideas: prioritise being a part of communities you enjoy; check in on or catch up with people regularly; join your local community on [Nextdoor.com](http://Nextdoor.com); think of ways to volunteer, donate or mentor for vulnerable groups.

**Connecting to ourselves**

- Stay present to the here and now - what you're actually doing right now - rather than "mind-wandering" (thought to make us [unhappy](#)). Being present with your body (like with your breath or senses) and your immediate surroundings, rather than being stuck in your thoughts can help calm us down.
- 3-2-1 Method: Pause to notice three things you can see, two surfaces you can touch and one sound you can hear in your immediate environment;
- Close your eyes and count five slow, deep breaths - 3 counts in, 1 count hold, 5 counts out (or however many feel right to you!). Feel how your body moves with each breath, notice how warm or cold your inhales and exhales feel;
- Go through all five of your senses individually (noticing sights, smells, sounds, tastes and touch) whilst eating a meal or snack;
- Meditate: you can check out apps like Calm or Insight Timer (I've published a calming 10-minute breath [meditation](#) on there).
- Be mindful about screen time: only keep essential apps and notifications; have phone-free rooms or times; monitor or limit your screen time with a usage tracker. Notice how consuming too much news makes you feel - maybe watch, read or listen to a positive show or book instead.

**Connecting to nature**

- Outdoors: Try going for a mindful walk in the park and notice the trees, birds etc. Keep taking in how things look sound and smell and leave your phone at home or in your pocket. Check out Japanese forest bathing for more info.
- Indoors: Have a house plant, listen to nature sounds, have a view or a picture (maybe a screensaver) of nature to lift your mood, notice the sky every day and how it changes. Get natural light every day.

**Further information:**

The article my talk was based on, with much more information on the subject and the studies behind it is : "[10 Habits to Transform Your Mindset During Lockdown](#)".

You can find out more information, read my latest articles, sign up for free personal growth resources and updates (and even check out Mind: Unlocked's beginners' meditation course) at my website: [www.jessicawarren.co](http://www.jessicawarren.co).