

THE NAVIGATION COACH

NAVIGATING COVID 19

BACK TO BASICS



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My name is Tara Rafter
and I am a professionally qualified
award winning Life Coach,
Master Neuro-linguistic Programming
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and
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I created this tool to help you and yours to
navigate this time a little more easily.
Lets get back to basics and focus on
controlling the controllables!

Stay safe and thanks for taking the time to
look after yourself and therefore the rest of
us too!!



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OPPORTUNITY

THE NAVIGATION COACH

CHAPTER ONE

PHYSICAL

YOUR BODY

THE NAVIGATION COACH



PHYSICAL

FUEL

In order to keep your car running smoothly you are careful to choose the correct fuel for it, your body is no different. How are you choosing to fuel your body everyday during this turbulent time?! I am not a nutritionist but I do know that if you eat crap you will feel like crap. Every organ in your body is working hard to efficiently and effectively do the job that they are supposed to do. Your immune system, your body's personal army, is working at maximum capacity to keep you healthy and alive in order to be ready for any potential battle with any form of external influence.

CHAPTER ONE

Your body needs your help now, more than ever to be in a position to survive.

If you can, start to think of your food and the choices you make around food as “fuel choices”, you may be more mindful and less reactive in the moment.

A varied diet is much more likely to ensure your body is getting everything it needs from a nutritional perspective. During a substantial period of change, like this one, it is an ideal time to create some new habits and routines.

Could you increase your consumption of seasonal fruits and vegetables in order to benefit from the many vitamins and minerals they contain?!

There are lots of nutritionists, chefs and qualified professionals in the food and health and wellness world giving away free content online during this pandemic, would it be a welcome distraction to try out some new foods and maybe get back into the kitchen?!

If you're like me, you may have recipe books in your home that are just crying out to be used, maybe now is a good time to reconnect or embrace the wonderful world of food?!

Some people are using this time to begin to grow their own produce, perhaps you could acquire your very own vegetable patch as a result of this turmoil.



PHYSICAL

HYDRATION

Up to 60% of your incredible body is made up of water. Your body uses water in all of its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. Water protects and cushions vital organs. Water cushions joints. Water helps to convert food into energy. Water helps your body absorb nutrients.

Ask yourself as you are reading, how much water have I consumed today?! Can you introduce a new habit of consuming an extra 500mls per day during this time?!
Your body will thank you!



PHYSICAL

MOVEMENT

We are built to move, we have bones, joints, muscles, ligaments, tendons etc. The human body is an elegant machine that requires movement to keep all the internal components functioning properly. The benefits from regular daily movement can be felt across the physical, psychological and emotional aspects of a person.

During a time like this the body reacts to the threat of Covid 19 with either flight, fight or freeze. Each of these reactions will flood the body with adrenaline and cortisol (stress chemical). People are having a mixture of feelings, thoughts, dreams etc. and all of this “stress” is having a direct negative effect on our immune system.

There is a direct interconnection between movement and brain health and research suggests that physical exercise is just as beneficial for the brain as it is for the body. Movement has been proven to directly impact the functionality and health of the brain. Engaging in some form of exercise can reduce anxiety and depression, improve mood, boost self-esteem, minimize stress, and enhance cognitive functioning. Here are a five ways movement can benefit your mental health:

1. Exercise stimulates the release of brain-derived neurotrophic factor, which facilitates the growth of new connections in the brain and improves the health of existing neurons.

2. Working out enhances chemicals in the brain—like dopamine, serotonin, and norepinephrine—that are associated with improved mood and decreased stress.

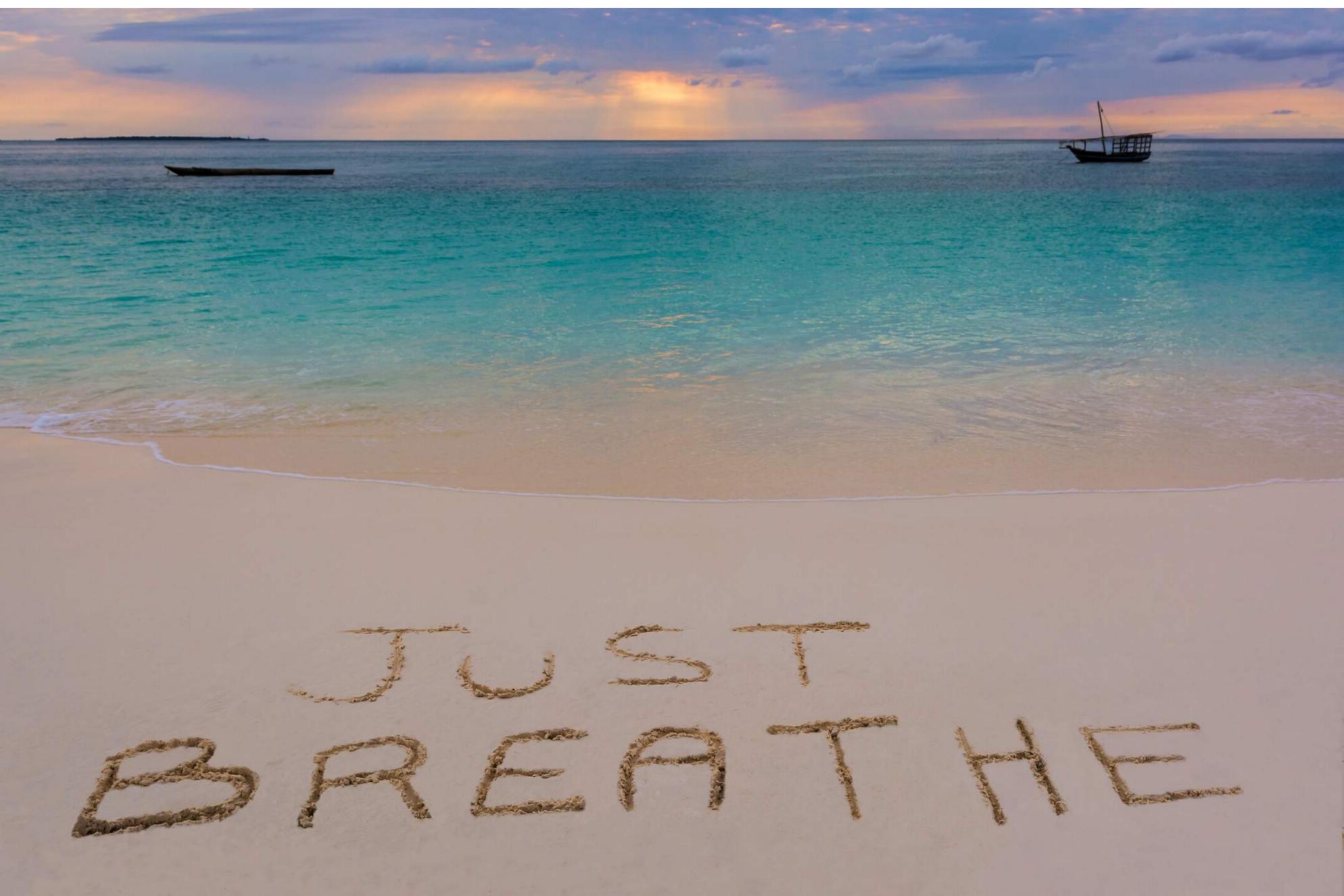
3. Moving increases oxygen and blood circulation throughout the entire body, including in the brain. Improved blood circulation in the brain translates to elevated mood and cognitive functioning. Research has shown that working out twice a week can help prevent the cognitive decline that typically happens in later years, like memory loss and brain functionality.

4. Movement indirectly boosts your mental health by improving both the quality and quantity of your sleep. Spending more time in the restorative sleep stage hugely benefits your immune system functionality, it can help also help you to manage stress and anxiety.

5. Movement helps to activate and replenish GABA, a neurotransmitter that helps in stress response.

PHYSICAL

The physical effects of movement on the body are too many to mention but it suffices to say that your physical body is at its prime during movement. Blood flow carries fresh oxygen all over the body and wakes up the entire system. Your organs get an energy surge and the after effects of your efforts are felt and are adding benefit long after your gym session or run has ended. It is never too late to introduce some new form of movement to your day, start small and build on it. During this time movement within your 2k radius and while adhering to social distancing is your new best friend.



JUST
BREATHE

PHYSICAL



SLEEP

For so many our structures and routines are all over the place at the minute, Ask yourself now if you feel rested when you wake up?! If the answer is no, what can you put in place in terms of a nighttime routine. How can you wind your body and mind down, like you would a small child?!

Keep your phones and devices out of your bedroom and create a sanctuary for sleep.

Limit caffeine and sugar before wind down time. Remember your body goes into rest and repair during deep sleep, it needs this priceless time now more than ever.

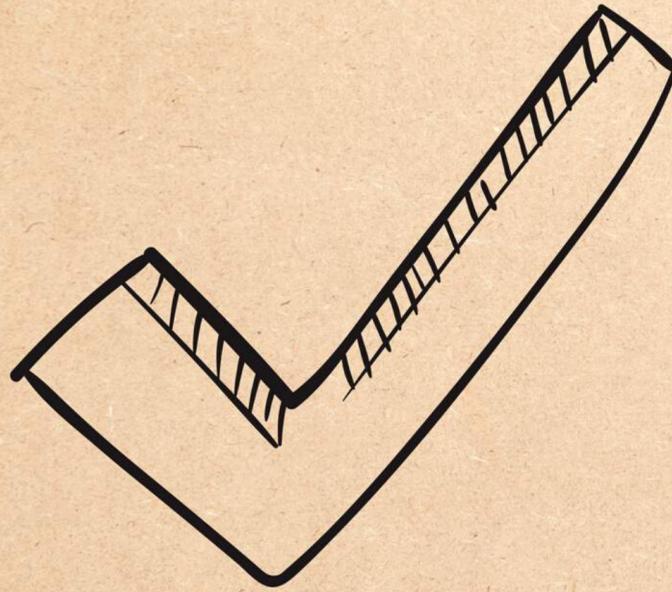
CHAPTER TWO

PSYCHOLOGICAL

YOUR MIND

THE NAVIGATION COACH

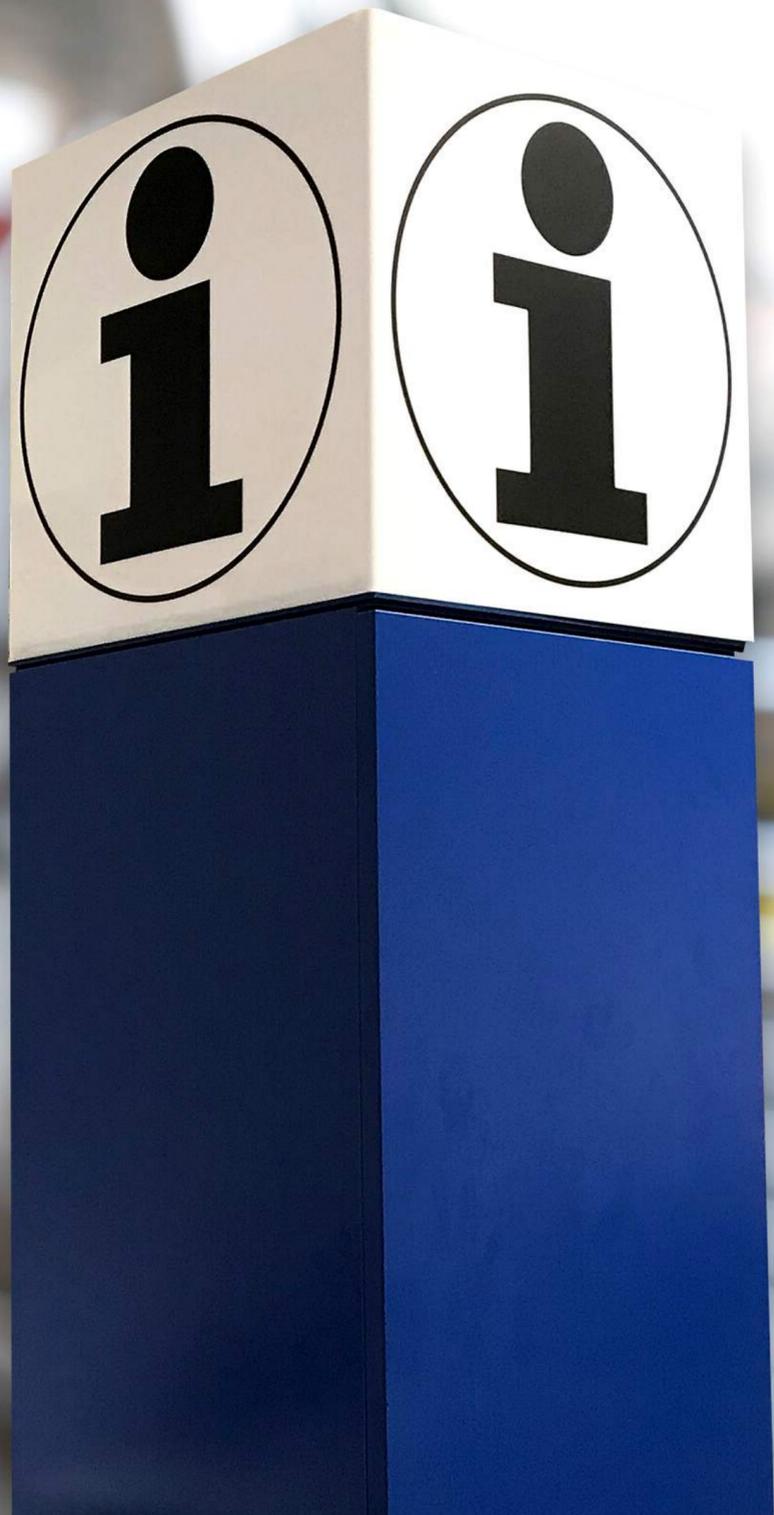
PSYCHOLOGICAL



ACCEPTANCE

We thrive and flourish in certainty and right now almost everything is uncertain. Think of the last time you tried something new for the very first time, usually it's awkward, and uncomfortable. In this instance, with a global pandemic, we are all trying to navigate this for the very first time and ALL of this "change" is awkward and uncomfortable. The best thing you can do for your body and mind is to accept exactly where we are, lean into the uncertainty, embrace the unfamiliarity and instantly you will feel a sense of relief. Holding the level of resistance in your body is doing your immune system no favors.

PSYCHOLOGICAL



INPUTS

When I am chatting with clients globally at the moment fear is the number one component of every conversation. The common thread is the level of inputs regarding Covid 19. Ask yourself now, where are you getting your information? Are your sources reputable? How often are you watching the news? How regularly are you on social media? Who are you following? These inputs have a HUGE impact on your overall well-being and you are in full control of them. If there is a vital new piece of information I can promise you it will find its way to you.

PSYCHOLOGICAL

Gratitude
changes
everything

GRATITUDE

Your brain loves patterns. If you can create the new daily habit (pattern) of searching for the good during a time like this, can you imagine the life long positive benefits?!

A brain that is primed to seek out joy automatically invites more joy into it's owners life.

Each day write down 3 things you are grateful for and observe your emotional shift.



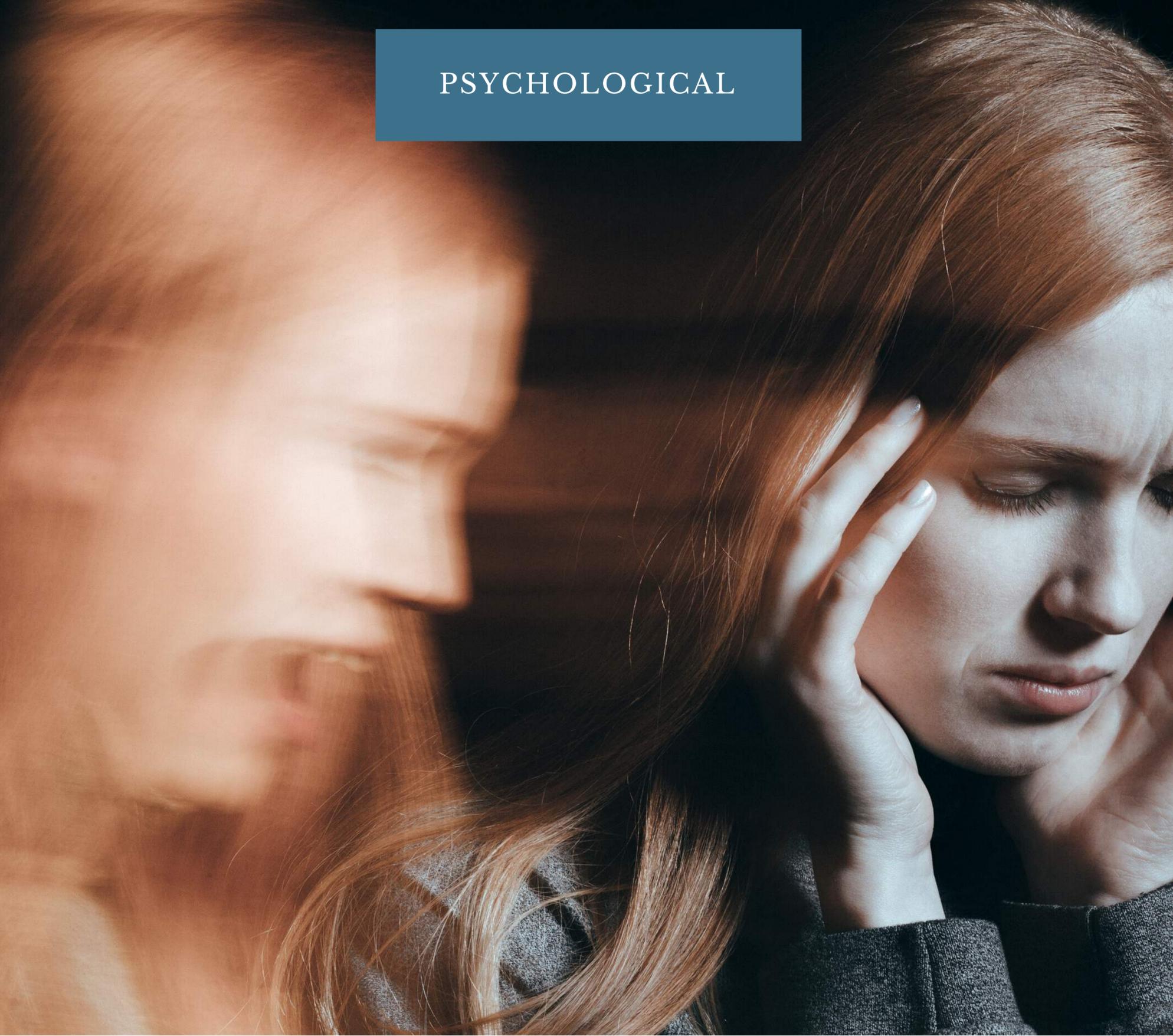
I AM GRATEFUL
FOR



MINDFULNESS

THE PRESENT MOMENT IS THE ONLY MOMENT
THAT MATTERS.
ANCHOR YOURSELF BY FOCUSING ON YOUR
BREATH

THE NAVIGATION COACH



PSYCHOLOGICAL

YOUR INTERNAL DIALOGUE

How are you speaking to yourself inside your mind?

Now is not a time to apply unnecessary pressure?!

Now is not a time to be comparing yourself and your efforts to the rest of the world. Now is a time for kind internal dialogue. Now is a time to reassure yourself and speak to yourself with compassion and love. Even become aware of the tone of voice your

inner voice uses, could you make it more supportive?! The thoughts in your head are just thoughts, they don't have any power unless you give them power. Allow them to roll in and roll out like waves on a beach.

CHAPTER THREE

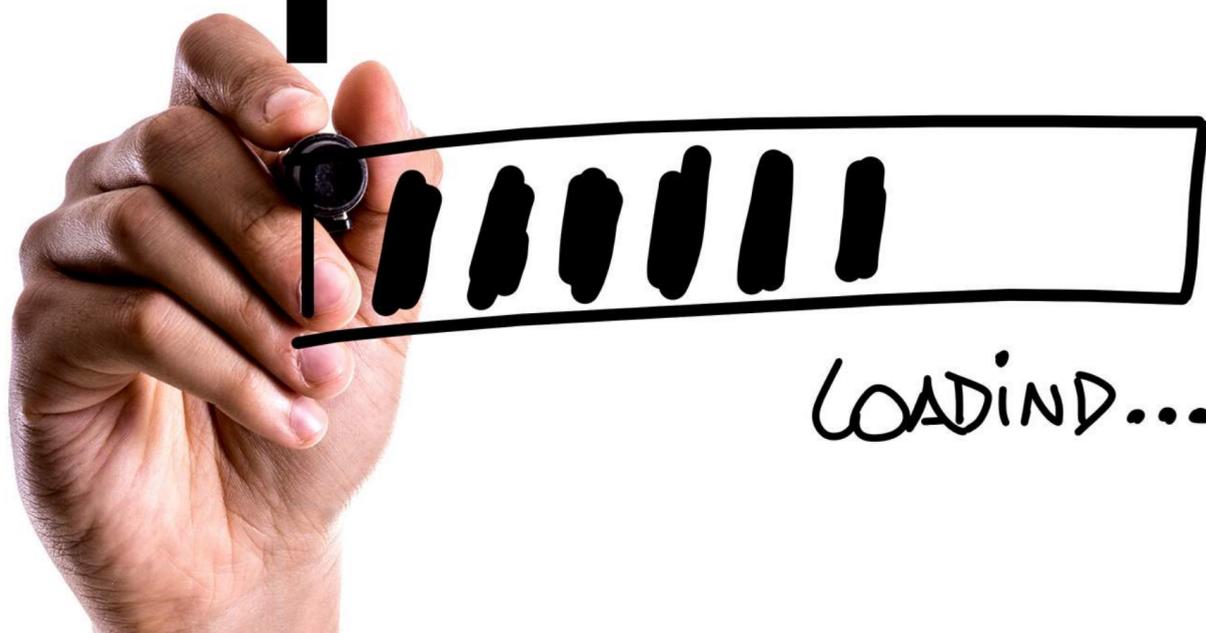
EMOTIONAL

YOUR FEELINGS

THE NAVIGATION COACH

EMOTIONAL

expectations



REALISTIC EXPECTATIONS

Before we entered a global pandemic perhaps you had expectations on yourself and others that you felt were realistic. It is extremely helpful now to review those expectations in this new uncertain reality. Every person in your life, young and old, are bending to fit this new normal. Often this transition is bringing up old trauma for individuals. An understanding and awareness that people are on a rollercoaster of emotion and are being drip fed information as it becomes available from the powers that be will help you to realize that your expectations need to also bend to fit the given reality.

EMOTIONAL



RELATIONSHIPS

The relationships in our lives are, for many, in a very different place right now. There is suddenly a restriction on our freedom. Our personal space and time have become priceless. Every relationship, including the one you have with yourself, your partner, your kids, your friends, work colleagues, even the dog has changed. Having an awareness that all of the above is in a potentially fear based period of transition will help you to see and interact with empathy and compassion. Stepping into the other persons shoes, even if it's your kid, will give you new perspective. It is often easier to avoid a conflict than to try to mend it.

EMOTIONAL

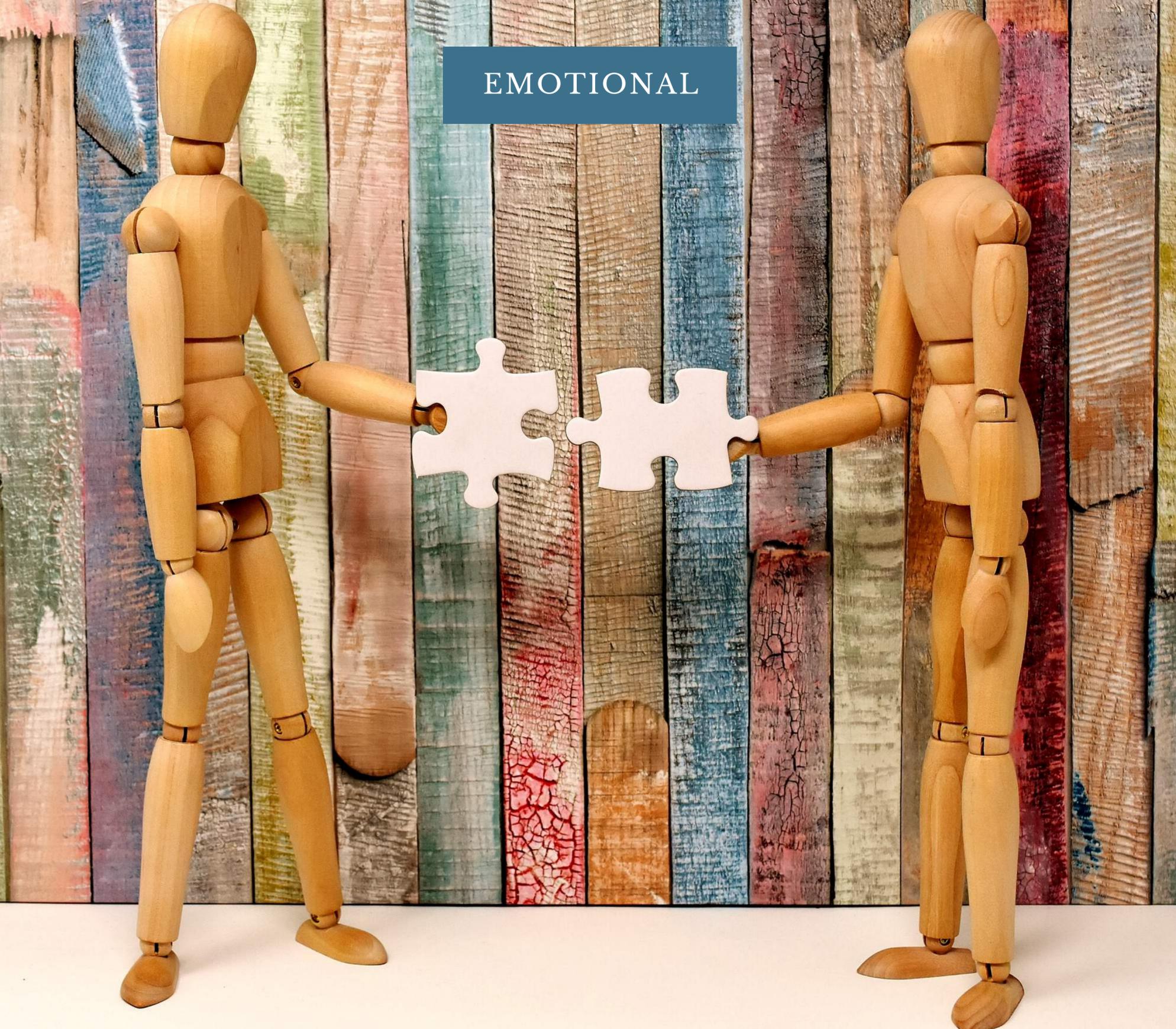
TALK

JOURNALLING

Right now taking time to either record your version of events in a diary or simply writing out your feelings on paper can be powerfully therapeutic for your emotional well-being.

SUPPORT

Many coaches, counsellors and psychotherapists, including myself, are offering sessions online. If you feel you need help, please reach out to someone, you are not alone.

A photograph of two wooden mannequins standing on a white surface, facing each other. They are holding two white puzzle pieces that fit together. The background is a wall of vertical wooden planks, each painted with a different color and texture, including shades of blue, green, red, and brown. A dark blue rectangular box is positioned at the top center of the image, containing the word 'EMOTIONAL' in white, uppercase letters.

EMOTIONAL

CONNECTION

We came into the world in tribes, human connection is fundamentally important to our survival. It's true that in today's world we could "technically" survive on our own thanks to online shopping, however huge amounts of research shows that loneliness is actually detrimental to both our physical and mental health. Each day make the effort to connect with yourself, through journaling, the people in your home, keep communication channels open and the wider world through phone and video. We are stronger together even though many of us are apart.

CHAPTER FOUR

SPIRITUAL

YOUR HIGHER POWER

THE NAVIGATION COACH



YOUR HIGHER POWER

Whatever your belief system, now could be a time where you find comfort in your higher power or even having by conversations with those that have gone before you.

Many people find anchor and grounding in Mother Nature. Try to make time to get out each day and even look up at the magnificence of the sky.

Meditation is an incredible way to reconnect to the source, perhaps you could try some of the free content online or an app.

CHAPTER FIVE

OPPORTUNITY

THE NAVIGATION COACH

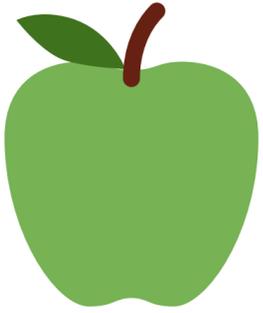


IT IS ALWAYS DARKEST BEFORE THE DAWN

In all this chaos what light can you see?! I feel like the whole world has taken a step back and a deep breath. So many of us are viewing our existence prior to Covid 19 from a different perspective now. Are you choosing to go through this or to GROW through this?!

You have time now to turn your focus inward to who you really are, without all the noise of the world. Who would you like to be when you walk back into the world?! How do you want to remember this time?! How do you want those around you to remember this time?!
The power is in your hands..

DAILY HABIT TRACKER



FUEL



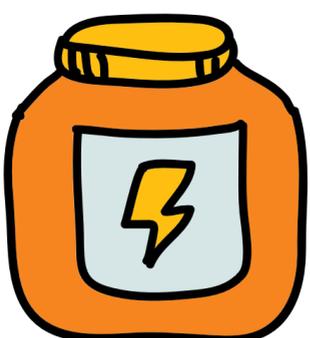
WATER



MIND



MOVEMENT



SUPPLEMENTS

I hope this has been helpful,
thanks so so much for
supporting my business at
this time.
Stay safe

Tara Rafter

