

THE RECESSION IS IMPACTING YOUR WELLBEING YOU'RE ANXIOUS, OVERWHELMED AND EXHAUSTED

You're not alone!

Now, more than ever, you're going to have to call on your resilience and I'm determined to do whatever I can to help you stay vital as you navigate your way through this storm.

That's why I've written this guide especially for you. Because the way you get through this challenging time is going to be dependent on how resilient you are.

YOU NEED TO BECOME RECESSION RESILIENT.

So what is resilience and how do you get it.

Very simply - it's your ability to bounce back. To fall 7 times and get up 8.

Only there is so much more to being resilient and for you to weather this storm you must prioritise YOU! That way, you'll come through the other side wiser, stronger and even more resilient - yep, it's true, adversity enhances our resilience - it turns out, there is truth to the saying, "what doesn't kill you, makes you stronger."

When I'm working with my clients - many are women in senior leadership roles and they search me out for my ability to coach through adversity - my tag line is **VITALITY AND LEADERSHIP** and that goes hand in hand with resilience. You can't be resilient if you're unwell. And you can't be well if you have no resilience.

THIS IS NOT YOUR FIRST RODEO MAKE SURE YOU'RE RESILIENT PROOF

You need to know how to stay both well and resilient. And true resilience and wellness comes from your ability to be OK with living with uncertainty and change.

So how do you master that?

The latest research out of Harvard shows it's really important to have a vision, to be clear on your purpose, to have a mentor, to find gratitude and compassion, and to stay vital as all this contributes to your resilience.

With this guide you will master:

1. How to build unshakeable resilience so you're able to show up confidently and weather whatever storm you find yourself in.
2. How to easily bring the latest neuroscience research on resilience and navigating change into your daily life.
3. How to spot and avoid energy drains that a lot of people overlook.
4. How to be focused, grounded and confident, so you're able to show up generously for yourself and your loved ones, for your clients and colleagues,.

Kat xo

TO BE OK WITH UNCERTAINTY AND CHANGE YOU MUST PAY ATTENTION TO YOUR EMOTIONAL AND PHYSICAL HEALTH.

Routine and Rituals

You know how much I love my morning rituals. When you start your day with three achievements under your belt, then you go into your day feeling good about yourself, you feel more confident and positive for the day ahead.

And my secret to a healthy start to the day are my 3M's:

- Morning pages
- Move your body
- Make your bed

Morning pages - writing 3 x A4 pages as close to waking as possible will allow you to calm the worry and anxiety and allow you to think more clearly bringing a sense of calm to your day. I learnt about morning pages from Julia Cameron in her book, *The Artists Way*. They are a game changer! If you only have time to do one thing in your morning rituals - make it this one.

Move your body - whether that's stretching, running, walking the dog or dancing your socks off in the kitchen as you make breakfast. However you choose to move your body, it will help you to let go of those overpowering emotions, and will bring a feel good smile to your face.

Make your bed - a simple trick that instills discipline, and helps you with a resilient mindset, and then regardless of how your day goes, you've at least made your bed! And after a tough day, who doesn't enjoy falling into a beautifully made bed?

FINDING ACCEPTANCE IN WHERE YOU'RE AT IS A CRUCIAL STEP TO STAYING RESILIENT

REMEMBER - YOU DON'T HAVE TO LIKE THE SITUATION - JUST ACCEPT
IT'S WHERE YOU'RE AT IN THIS MOMENT IN TIME.

Stay Grounded

This can be a challenge when there is a war raging in the Ukraine, an energy crisis, callous killings of innocent people and a recession barrelling down on us.

Here are three really wonderful and easy things you can do to stay grounded;

1. **Just keep breathing.** Yes - the quickest and easiest way to lower your anxiety is to breathe - slowly and deeply. Focus on your breathe. Here's my go-to 60 second breathing meditation, taught to me by New York Times best selling author, Gabby Bernstein, that will bring calm to your day.

**Breathe in for a count of 5. Hold for a count of 5.
Breathe out for a count of 5. Repeat 4 times.**

2. **Gratitude.** The best way to stop yourself spiralling down a rabbit hole of overwhelm is to find things to be grateful for. Spending a few moments every day to feel appreciation for the simple things in life, is a beautiful practice that will lift your spirits and help you to stay grounded, calm and focused.
3. **Time just for you.** Time alone immersed in something you love is one of the simplest ways to build your resilience. And it doesn't have to cost anything either - it could be; walking in nature, meditation, reading, reflection time or listening to music...

IT'S SO IMPORTANT TO PRIORITISE YOUR EMOTIONAL AND PHYSICAL HEALTH SO YOU CAN OVERCOME ADVERSITY

"Let food be thy medicine" Hippocrates

Vitality

Do you know that stress lowers your immune system, which is the exact opposite of what you need right now. So do your best to eat the right food that will help to keep your anxiety to a minimum and boost your strength and resilience.

As tempting as it may be to over indulge with the chocolate biscuits, you need to be focusing on eating whole food; protein, healthy fats, slow burning carbs, a rainbow of fruit and veggies and lots of water.

Plus, if you can add in these immune boosters they will super charge your vitality;

- ★ Mushrooms - reishi, shiitake, chaga
- ★ Garlic
- ★ Onions
- ★ Ginger
- ★ Spices - turmeric, oregano, rosemary
- ★ Fermented foods - sauerkraut, kombucha, live yoghurt, miso, kefir
- ★ Chocolate! Put down the maltesers. I'm talking about the good quality kind that's 80% as it's a great antioxidant

As you're doing your best to eat the right food, you also need to do your best to avoid the food that suppresses your immune system - I'm talking; sugar, processed foods, juice, cereal, fizzy drinks, cakes, biscuits...

FIND A RHYTHM TO YOUR DAY THAT WILL ENHANCE YOUR RESILIENCE

Beware of Your Stories

One of the ways your resilience can diminish is when you get lost in a fear story. It's going to happen - it's the way we're wired all in the quest to keep us safe. So, it's crucial that you pay attention to your stories of doom and worst case scenarios. Challenge them because they aren't the truth, I know they can feel like the truth in the moment only they are not the truth!

YOUR FEAR STORIES ARE NOT THE TRUTH!

When you feel yourself getting lost down the rabbit hole of fear, ask yourself;

IS THIS THE TRUTH?

HOW DO I KNOW IT'S THE TRUTH?

Limit Your Time Around Others Fear And Anxiety

Stay away from the fear and anxiety that's prevalent both online and off during this time in our history. Give those moaning, angry, conspiracy loving acquaintances a wide berth - they can be overwhelming and will have a negative impact on your emotions, energy and resilience. Now don't misunderstand me, you need to know what's happening in the world - it's essential to stay connected only be aware of your sources and be diligent over the amount of news you consume.

FOCUS ON THE BASICS TOO AS SLEEP, FOOD, HYDRATION, CONNECTION AND MOVEMENT ALL PLAY AN IMPORTANT ROLE

Get Enough Sleep

With everything that's going on right now you may be finding it difficult to sleep. Only sleep is essential for your vitality and resilience. So you need to do whatever you can to help yourself and a great wind-down routine is exactly what you need.

Now you know your body needs melatonin to fall asleep. So your wind-down routine needs to focus on this. Here's a few ideas on what you can do to give yourself a fighting chance of good quality sleep.

- ★ So the melatonin hormone helps you to relax and makes you sleepy - for your pineal gland to produce that hormone, there must be little light. Sounds easy enough, only with the amount of blue light in your homes from your mobiles and computers or iPads and tablets, even your LED lightbulbs, they play havoc with your natural rhythm. So turn them off at least one hour before bed time.
- ★ Stop drinking caffeinated beverages at lunchtime and be aware of the food you're eating too because saturated fats and sugar have the same effect on your body as coffee - digesting those kinds of foods your body temperature goes up and it hinders your sleep.
- ★ If you can easily fall asleep but wake up early hours of the morning, it's probably due to your blood sugars dropping. So think about having a small bedtime snack that contains serotonin; like a few almonds or walnuts, a small amount of plain yogurt or a banana will all help you sleep.
- ★ Don't forget chamomile tea is another great way to help you wind down after a stressful day.

MONEY IS YOUR BIGGEST DRIVER OF WHY YOU DO WHAT YOU DO
WHICH IS WHY DURING A RECESSION YOUR ANXIETY INTENSIFIES.

Deal With The Added Financial Anxiety

Now, I am not a financial advisor but I do know how quickly we can feel out of control with our money management which leaves us feeling disempowered which causes stress and anxiety which can lead to sleepless nights and even depression.

I know it's difficult to look at but first things first, get a handle on your debt and pay off the high interest cards first.

Put a spending limit on your debit and credit cards to stop you from overspending. Many banks offer this service.

You may need to cancel your gym membership but you don't have to stop exercising. Get outside. Use YouTube videos to learn new routines instead of paying for your PT.

Buy in Bulk - Costco membership can save you 25% a year on shopping.

Cancel subscriptions - if you don't use it - don't pay for it. I have stacks of magazines some still in the plastic that I've never gotten round to reading - madness!

Research cash back websites - Martin Lewis is a great resource for this as well as much financial advice and so is certified Money Coach Fanny Snaith www.fannysnaith.com

RECENT RESEARCH FROM HARVARD SHOWS HAVING A VISION AND SENSE OF PURPOSE CONTRIBUTES TO YOUR RESILIENCE

Continue To Live Your Life

I understand this can be difficult when you feel life is happening to you and overwhelm and anxiety seem to be the order of the day.

Having meaning and knowing why you get out of bed in the morning will take you out of the recession anxieties and will help you to focus on doing what you need to do to stay buoyant, safe and secure.

Hold that vision for your future. Stay focused on your goals and intentions. Keep working towards them. Get clear on your way forward and show up.

Before You Go...

I hope what you've learned from this guide allows you to purposely show up for yourself and create a bucket load of resilience.

If you need any further support with this, my door is always open. I would love to help you with one of my profound 1-2-1 coaching programmes where we deep dive into confidence, genius and gravitas.

Let me help you make the most of this time because it's so damn hard doing it alone. In fact, research by Professor Ivan Robertson on resilience found the most effective resilience training that brought the greatest results were the ones with individual attention as coaching is key in these situations to keep you out of overwhelm, understand your strengths and stay accountable.

So please reach out if you need any further support, drop me an email at katrina@katholden.com and I'd be very happy to help.

It's been a pleasure creating this guide for you. I wish you luck with it and I'll see you on another programme very soon.

GLOBAL CITIZEN, LEADERSHIP COACH,
VITALITY MENTOR, EFT PRACTITIONER, SPEAKER



“Kat is a woman whom I could share my visions and fears. Her experience and passion for life, plus her honest insights were valuable beyond words. She brought fresh perspective into my life and her knowledge and experience kept me

focused and motivated. Katrina’s credibility also lies in her ability to lead, support and communicate on all levels. She inherently understands her clients’ personal aspirations, creating a positive impact in their lives as well as the wider community.”

Kat is the founder of the women's vitality and leadership company, **VITAL LEADERS™** and is recognised as one of the UK’s most inspiring women, having built a coaching and development company that has transformed lives around the globe.

In 2015 she launched The Vitality Club, a private members network for ambitious women who are ready to embrace their authentic power and sky-rocket their career, without burning out.

Sincerity, humour, wisdom and strength, are some of the words used to describe Kat and her working style, making her a highly sought after coach. She combines her personal experiences and corporate background with her coaching and psychotherapy training to design bespoke programmes that inspire and transform.

Kat’s mission is to make a significant impact on the lives of women around the world, guiding them back to their authentic voices, to embrace their genius; powerfully, boldly and without burning out.

She has many clients and supporters around the world and has featured in many publications empowering others to become the leaders they are destined to be.

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