



Coping with Charlie through Covid-19

With Sadie Saccoccie and Charlie Kleiman

Call on a friend, I think during this time and any time we are struggling with anything, it is essential to have some friends to call on. We can't just go drive over to someone's house but we are blessed with technology that will put us face to face with anyone with a camera phone or tablet. Utilize your resources and create a buddy system during these trying times!

With a motto like "The only easy day was yesterday" Navy Seals are known for their toughness. Box breathing is a quick, simple exercise that anyone can use to reduce stress and remain calm, cool and collected. Used for coming down from extreme circumstances or for preparing for combat, Seals use box breathing as a tactical skill regularly.

Box Breathing:

Clear your lungs by taking a full inhale and exhale before beginning!

1. Breathe in for 4 seconds
 2. Hold your breath for 4 seconds, letting no more air come in, and letting no air escape.
 3. Exhale for 4 seconds
 4. Hold your lungs empty for 4 seconds
- Repeat for the full benefit for 5 minutes.

I'll ask a few questions that help steer the mind away from scarcity and negativity, or fear based thinking to gratitude, and calming the mind and body with our own answers to basic questions. These may be used as journaling prompts or questions to ask a friend who is struggling and needing to shift perspective!

1. What brings you happiness? Feel free to list things
2. What are 3 things you are grateful for?
3. What kind of experience or circumstance that you struggled with was something you made it through and are able to talk about today to give hope and mentorship to someone else, while reminding you of what you thought you couldn't make it through?
4. What are 3 of your best strengths, as a person/brother/son/athlete?
5. What is your biggest accomplishment in the past year?