When we think about regulation, we use a wellness triangle with four elements: Mind, Body, Finance, and Spirit. To struggle well, you must work hard to maintain a balanced lifestyle in these four areas and focus on yourself first. Once you are balanced and healthy, then and only then, should you help others.

We measure our wellness scores on a scale of 1-5, with 5 being the highest. Although living a life of five in all four categories is very difficult, it is a great end goal to strive for. #StruggleWell

MIND - A strong mind provides you with the ability to concentrate, be creative, learn new concepts and skills and, increase your wisdom.

- Take breaks from the news, social media, and articles and dive into educating yourself on something new.
- Less Netflix and Chill, and more reading! Pick up a copy of Struggle Well (via Kindle, Paperback, or Audible) and work on integrating the concepts in your life, better yet, read it alongside other friends or family members and discuss what you are learning.
- Stay focused on what the experts say (CDC) and stay clear of listening or proliferating misinformation and negativity.
- Meditate 10-20 minutes, twice a day, to keep yourself energized, calm, and refreshed. You can check out Headspace or Insight Timer to learn meditation.
- Stay positive, and stay connected with your 3-5 via video chat, phone calls, and/or text messaging.
- Clean up your social media "friends" lists.
- Breathe! We use the 4-7-8 technique. Inhale through your nose for a count of 4, hold for a count of 7, and then exhale through your mouth for a count of 8.
- Sleep 8 hours a night.

BODY - A strong and healthy body means you are fit enough to do what you want/need to do. Exercise, nutrition, and hydration are the keys to body wellness. A healthy body helps keep your immune system strong!

- Exercise, walk, and stretch daily. Talking a walk outside is a great way to clear your mind.
- Don’t overeat. Stick to planned meals and healthy snacks.
- Drink 8-10 glasses of water a day.
- Minimize junk food, energy drinks, and alcoholic beverages.
- Wash your hands with soap and water for at least 20 seconds and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid crowds over 10 people in size and close contact with people who are sick.

FINANCES – Financial wellness is about your external environment: where you live, how you live, and how much you have to live on over the short, medium, and long-terms.

- Dive into your budget, and ensure you adhere to it.
- Don’t allow the stock market daily functions and effects on your portfolio get you down. Contact your financial advisor for advice. Remember selling in a down market can cause loss.
- Plan for the next several months how you can live with less and cut your spending.
- Consider a new savings account dedicated solely for emergencies.
- Remember that material solutions don’t bring long-term happiness. Overspending can cause serious issues.

SPIRITUALITY – We measure spirituality by your character, the strength of your relationships, and the extent in which you serve others.

- Use technology to stay in touch with your 3-5 and loved ones.
- Give back to your community any way you can. This current crisis will highlight needs of our children and the elderly. Be there for others.
- Use this time to connect with your family and spend time together talking, playing games, and watching TV or movies together.
- Do an internal inventory of your character. Are you the woman/man that you really want to be? Check out the VIA Strengths Assessment for an objective measure — and have others in your 3-5 do the same, and discuss the results.
- Live a congruent life! A life where your thoughts, feelings, and actions are all positively aligned.