

# STELLAR *Life*

Hosted By *Orion*

## Coronavirus: State of Emergency

10 Point Checklist

**Orion Talmay**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Your vibration has a ripple effect that can affect the rest of the world. If you rise up, the people around you will rise."

**ORION TALMAY**

# 10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.

- Keep your immune system in top shape. Eat fresh foods and lots of fruits and vegetables, and take at least a 500mg dose of Vitamin C as well.
- Take care of your mental health, too. Do not get sucked into that downward spiral of depression and scarcity mindset during these times of uncertainty.
- Be mindful when reading the news and other people's social media posts. Avoid sharing fake news and only share what is factual and helpful.
- Do some breathing exercises whenever you feel anxious. Be aware of your anxiety patterns, so when you feel like you're having a panic attack, you immediately know what to do.
- Take your challenges one day at a time. The fear of the unknown can be paralyzing. During times like this, it's mentally healthy to focus on the now and be cautious with your present choices.
- Extend a helping hand whenever you can even in times of crisis. Everyone is going through their own struggles, the least we can do is be kind and compassionate.
- Check in with your family, friends, and colleagues every now and then. You never know who's struggling and are in need of a good company.
- Find the good in times of trouble. Humor and laughter have the power to heal an anxious heart.
- Be creative in keeping yourself busy in the midst of the lockdown and social distancing. Take on a project you've put aside way too long, or read a book that's been sitting on your shelf for a long time.
- Be prepared physically, emotionally, and mentally. Equip yourself with the best tools, skills, and knowledge to overcome any type of crisis in your life.