

# STELLAR *Life*

Hosted By *Orion*

## Immuned Mind & Body in Stressful Times

10 Point Checklist

**Dr. Varshini Soobiah**

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!

# STELLAR *Life*

Hosted by *Orion*



# 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.

- Prioritize your immune system more than anything else during the COVID-19 outbreak. When you're healthy, you diminish the chances of harming other people.
- Don't give in to stress. We may be living in uncertain times, but stressing out over the unknown can affect your immune system. Find time to meditate and focus on the good things.
- Learn to hack your mind with a few NLP strategies. There are plenty of free resources on the Internet, especially YouTube where experts can teach you how to improve your mental health.
- Aim for the best collectively. Be a part of your community and spread goodness around you. When everyone follows doctors' orders to stay at home, practice social distancing, and wash their hands, the curve will flatten faster.
- Meditate or journal in the morning instead of reading the news or going on social media first thing when you wake up. Conditioning your mind helps you maintain a sound mindset.
- Cultivate humor in your life no matter what. Laughter is the best medicine, and it's always a good thing to virtually brighten someone else's day with jokes, memes, or funny videos.
- Limit what you need to consume. Learn to tune out to things that are not good for you mentally. If something is out of your control, it's best not to worry about it.
- Take this time to evaluate your life. Meditate and look within yourself. Try to reflect on the choices you made and determine what you should do to become a better person when this is all over.
- Find ways to help others as well. It's normal to prioritize yourself and your family during times of stress, but whenever you have the opportunity to share, help those in need.
- Check out [Quantum Clinic](#) to learn more about Dr. Varshani Shoobiah's expertise and services.