

THE HOME FLOW PLAN

›COVID-19 – Your mental health recovery guide‹

With this two-month plan and 7 practices, develop the ability to tamper down and regulate acute stress, and cultivate an inner foundation to strengthen your mind, brain and body, even in the middle of a long-lasting storm.

"When the roots are deep, there is no reason to fear the wind."

Eastern Wisdom

The Home Flow Plan is a professional, multi-layered 2-month plan to increase your vitality with a focus on your mind and brain. Similar to fitness training, it will bear fruit if you practice it daily for 2 months, and integrate these practices into your regular home life. Increased mental clarity, inner peace and physical vitality will come automatically through the plan's application, regardless of circumstances, and provide the foundation for durable, systematic inner stability from that point onwards.

There is one pre-condition to achieve this:

- Before you start, you should commit to putting the Home Flow Plan into practice for its entire 2-month duration, spending approximately 25 m per day, plus a variable part, regardless how windy or stormy your circumstances are during that time.
- Also, watch the Home Flow Video (currently in German, English, Spanish and Turkish), which goes in more depth and detail than this PDF summary.

The Home Flow Plan in practice

1

1. **An intervention is needed** to reduce acute anxiety and regulate worry.
 - a. In the case of acute mild emotions: clear your head and shake your body for about 3 minutes – literally shaking, like a gazelle after stress: in its early stages stress often can still be shaken off physically.
 - b. In acute severe emotions (if you have already lost yourself in mental worry or anxiety for a long time, or if the symptoms have already become intense):
 - 1) Notice your "emotional stress attack" 2) Then consciously accept it 3) Then for about 5 minutes practice conscious body awareness with the Open Heart Method (OHM – see video). Repeat this for a maximum of five times per day. Practice makes perfect! 😊

2

2. **Covid-19 Thought Management** to build a fence around Covid-related thoughts and contain them.

a. If you are constantly worried, then write down your worries in a "worry book" for no longer than 10 minutes once a day (real writing, not just thinking!) and label individual worries / anxieties as follows: 1) "solvable" 2) "can be solved with help" and 3) "currently unsolvable". Act decisively and in a timely fashion, with the categories "solvable" and "can be solved with help". Accept the "unsolvable" matters as what they currently are: unsolvable.

b. Limit your exposure to news, reports and conversation about Covid-19 to spending a maximum of 10 minutes per day on good, fact-based sources of news (e.g. NHS in the UK or HHS the US).

Any time spent beyond this minimal, efficient news gathering and practical concern is currently not good practice, and not useful to sustainable living. If you find yourself compulsively engaged in Covid-19 matters, start by interrupting the autopilot mode, again and again, and use points 3 and 4 below to train yourself to let go, again and again, until your psyche settles into a healthy state of calm alertness.

3

3. **Micropractice – Wakefulness training I** to activate your mental energy-saving mode, by regularly being present in the Here and Now, and interrupting your incessant flow of automatic thoughts.

Repeat: 5 to 15 times (or more) spread over the day.

Method: Reiterate conscious perception (not thinking, but simple, alert awareness!) with the help of body perception: hands, fingers, breath, soles of the feet, etc. In the beginning there will probably be only short moments of wakefulness for a few seconds, then it will gradually become easier, until it becomes normal and natural. You will develop the ability to be fully awake and present mentally, instead of "dreaming" in a mental state of thought absorption.

Note: What is important is your regular return to wakefulness, and not how long you can keep it! Wakefulness is not a competition, but a step-by-step practice.

4

4. **Macropractice – Wakefulness training II** to establish a morning/daily ritual essential to cultivating inner clarity.

Repeat: 1 time daily for 15 minutes or more

Method: Practical exercise, e.g. with breath observation (see video).

Note: This breathing exercise is not primarily about wellness, relaxation or special spiritual experiences, but about the conscious return to the here and now, without conditions or judgment – **being awake will suffice**.

The intention and the regular flow of energy and information back to alertness, changes the relationship between mental activity and rest in mind and brain: more balance, less psychological hyperactivity and density.

5

5. **Physical activity or sport** to gradually increase physical vitality and liveliness.

Sessions: Minimum of 3 sessions of 30 minutes at 60 – 80 % of your maximum performance level. For "fire people" and those who grew up with a lot of sport in their youth and childhood: 4 – 5 sessions.

Method: Practice your choice of fitness, jogging, fast walking, Nordic walking, cycling. Can also be integrated with forest and nature bathing. In terms of performance level, it should be more than a relaxed walk, but no peak performance is required – a light perspiration is a good indicator for most individuals.

6

6. **Nutrition and digestion** to strengthen your digestive system.

Method: Our general recommendations are balanced, natural food (no or only slightly modified food) in moderate amounts. No extremes. In case of mounting discomfort and for the sake of preventing chronic diseases, start with a holistic reduction program: less sugar, less dairy, less gluten, little coffee, little/no alcohol.

Note: In the long run, the food that we take in can have a healing, neutral or toxic effect on our body and mind. As there are individual differences in digestion and intestinal health, we recommend taking the time to learn more about nutrition and apply the knowledge gained thereby.

Sources for self-study, also available as audio book: from science, functional medicine and modern Ayurveda, we recommend:

- a. "**Clean Gut**" or "**Clean7**" by Dr. Alejandro Junger
- b. "**Food. What the heck should I eat**" by No. 1 *New York Times* bestselling author Dr. Mark Hyman

7

7. **Becoming even more present** to support your soul.

To use the crisis as an opportunity for change, and to develop the kind of deep roots that don't have to fear the wind, even when you help the elderly, the weakened, the frightened, and the infants, present moment awareness may help you tremendously.

Method: Read or listen to a book or audio book by Eckhart Tolle, who, even though he may be "only" a spiritual teacher, and quite an oddball in some people's eyes, can probably make the power of the **NOW** more tangible in words and pictures than anybody else can. His books already have saved many lives through the pointers, they contain. Choose from one of his two world bestsellers: 1. "**The Power of Now**" or 2. "**A New Earth**" or watch some of his video clips.

Note: Since it is not - as is usual in many intellectual books - about the presentations of facts and arguments, but more about an inspiration for your practical deepening experience and mental state of being present, I recommend to read the book in appropriate increments, even if it that means only be a few pages at a time.

A small pointer: it is good as a bedtime reading as well.

Home Flow is not a superficial *fair-weather plan* or a *quick fix*, but is designed for sustainable training and vertical depth, which will serve to develop and maintain inner order, even if the crisis and external disorder lasts a year or more.

As with physical training, the resulting change is neither coincidence nor a measure of your ability or talent, because even though the details and the exact course will vary from person to person, regular training for psyche, brain and body always works – that is the law.

Nevertheless, the Home Flow Plan can of course only be a source and a tool for you to access systematic support and inner structuring. It is by no means the only way or the only truth, but it is my recommendation to you with a systematic, well-founded and proven plan to make the best out of a difficult situation, and to actively contribute to the natural growth of your "roots of vitality", without the need to rush. It is never too late for change, because the life in you on the level of mind and body is malleable, if you want to know how and start with the change.

When implementing the Home Flow Plan no perfection is required; perfectionism can even be a hindrance to progress. Do less and accomplish more. If you implement the plan 80 – 90 % consistently, a positive trend should emerge within 7 days, even though up and down fluctuations along the way will still be normal for several weeks. After 4 to 8 weeks of regular practice, the fluctuations will become less as the new direction will structurally be developed in your brain.

After 2 to 4 months your psyche will be regularly awake, clear, calm and serene, with less impractical, compulsive thinking, worries, fears, brooding and mind cinema; your body will be more alive and dynamic. This increase in vitality is the best protection against exogenous dangers, including the invisible; it also leads to self-efficacy, and will allow you to help your fellow human beings without losing yourself in the process (which would make you part of the problem in the long run).

Take advantage of the opportunity in this crisis, because the alternatives to this are painful, not only for you, but for all of us.

I would like to share our Home Flow expertise and experience in dealing professionally with difficulties during these uncertain times with as many people as possible. So please help us share the Home Flow video and plan summary with others, because in the end, we will get much further together than by acting alone.

In this sense, may the natural flow come alive in you.

Many greetings from Badenweiler



Flow Coach & Psychotherapist