



CODIE LEA | BODYMIND & SOUL COACH

# Staying Strong as an Artist during Covid

*For Artist & Soul Full Creatives*



# *Impact of COVID*

**MENTAL | EMOTIONAL | PHYSICAL**

## INCOME

Loss of paid Jobs & Gigs  
Canceled Shows & Fairs  
Uncertainty of Future Income

## MENTAL OVERLOAD

Uncertainty of End of Covid  
Constantly needing to pivot  
Obsessing over worse cases

## FEAR

Fear of own or family health  
Uncertainty about the Future  
Impact on ability to create

A vertical photograph on the left side of the slide shows a woman in a wedding veil, looking upwards with a serene expression. The lighting is soft and natural, highlighting her features and the texture of the veil.

# *Biggest Challenge*



MANAGING OUR  
MENTAL & EMOTIONAL STATE

A vertical photograph on the right side of the slide shows a road stretching into the distance under a sunset sky. The road is blurred, suggesting motion, and the colors are warm and golden.



*We don't have...*

Answers on how long this will last  
Control over the Situation  
Control over what other's do  
Overall impact on health and economy  
State of the World

# We DO HAVE

## CONTROL OVER OURSELVES

Tools to help our mental and emotional focus

## OUR INTUITION & CREATIVITY

The power house of who we are as Soul Full Creatives

## THE ABILITY TO ADAPT

Our creativity allows us to think outside the box



## **ALLOW FOR RELEASE**

Meditation, Movement, Exercise, Connection, Embody Your Emotion

## **TUNING INTO INTUITION**

Meditate, Nature Walks, Connect with Body

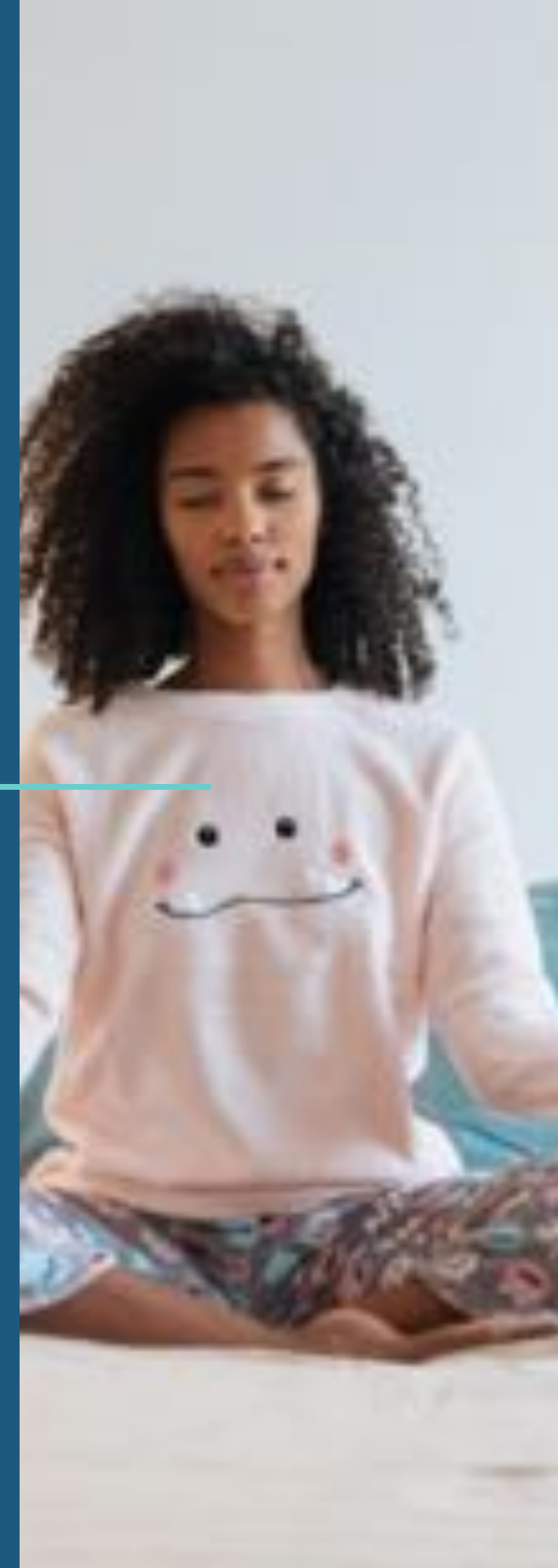
## **GETTING CREATIVE**

Inspiration Walks, Talking with friends, Take a Class

## **OPENING TO FLOW**

Dance, Feeding your Mind, Gratitude List, Hell Yes List, Embody Your Emotion

What We Can Do





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*Embody Your Emotions*

EMOTIONS =

*Energy in Motion*



EMBODYING YOUR EMOTIONS

- Shift -  
Get Into Your Body

*Step One*

EMBODYING YOUR EMOTIONS

- Connect -  
Use Five Senses

*Step Two*

EMBODYING YOUR EMOTIONS

- Get Honest -  
Converse with the Energy

*Step Three*

EMBODYING YOUR EMOTIONS

- Integrate -  
Allow the Energy to Move

*Step Four*

EMBODYING YOUR EMOTIONS

- Align -  
What Do You Want

*Step Fire*

EMBODYING YOUR EMOTIONS

– Action –  
Cultivate Alignment

*Step Six*



*How does this  
help?*

- Release Energy from Body
- Access Intuition
- Turn on Creative Flow
- Open Self to What IS Possible
- Pivot and Adapt with Ease
- Face Uncertainty with Confidence
- Activate Faith in Self
- Allow Radical Acceptance



# Codie Lea

BODYMIND & SOUL COACH | ARTIST

I INVITE YOU TO CONNECT!

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